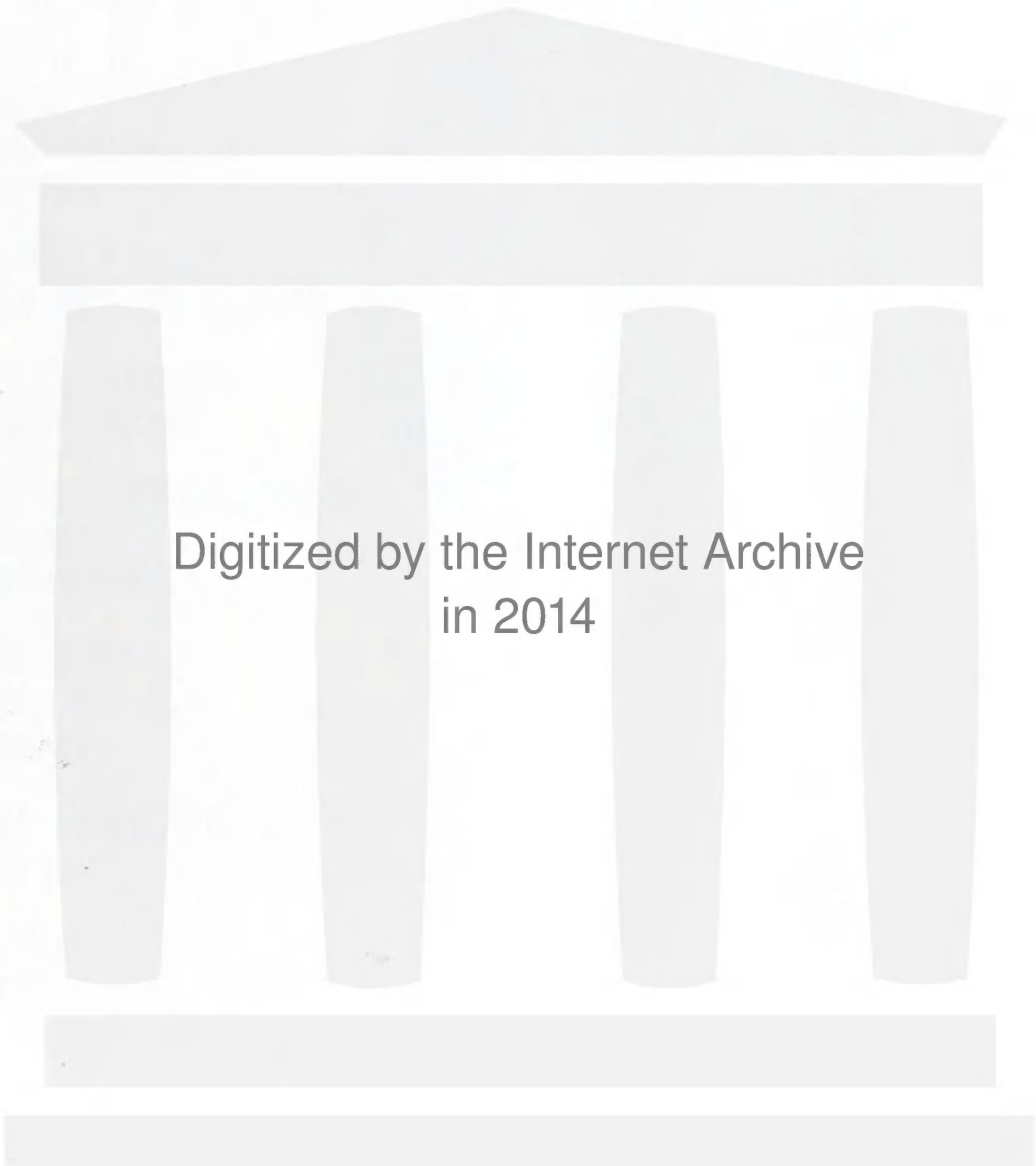
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VOL. XCVI, NO. 1
JANUARY 1979

LADIES' HOME Journal®

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ARTICLES & FEATURES

Dear Journal		6
Can This Marriage Be Saved? "My Husband Put His Son First"	Dorothy Cameron Disney	12
What's Happening	Gene Shalit	14
Spending Your Money	Sylvia Porter	20
Book Bonus: "So How's the Family?"	Sam Levenson	28
How to Help Your Husband Be a Better Lover	Carol Tavris	34
Mary Tyler Moore	Jeff Rovin	40
Mothering: Teaching Kids to Be Kind in a Tough World	Geraldine Carro	44
Pet Journal: What Should You Call Your Pet?	Sue Browder	47
Letters to Hairdressers	Bill Adler	49
Psychiatrist's Notebook	Theodore Isaac Rubin, M.D.	50
Sex Symbols: Have They Changed or Have We?	Molly Haskell	56
Your Family's Health	David R. Zimmerman	62
Baby '79: Childbirth Today	John Kelly	65
Women of the Year/Decade		93

FICTION

A Whole New Life	Gertrude Schweitzer	52
Taking the Chance	Merrill Joan Gerber	66

FOOD & EQUIPMENT

Chili: Six Spirited Ways		78
After-Ski Party	Sue B. Huffman	80
Delicious Diet		82
Mealtime Express		88
Recipe Index		103

FASHION & HOME SEWING

American Frontier	Trudy Owett	74

HEALTH & BEAUTY

Beauty Journal		60
Younger Hair: The Choice Is Yours	Maureen Lynch	68

Cover photograph of Mary Tyler Moore by Douglas Kirkland; hairstyle by Joel Israel, makeup by Joyce Virtue, both of Menage a Trois, Beverly Hills. Pages 56 and 58: photographs by Sygma, UPI, Wide World, Globe, Liaison and G. Slepanoff-Dargery. Page 65: photograph by Four by Five.

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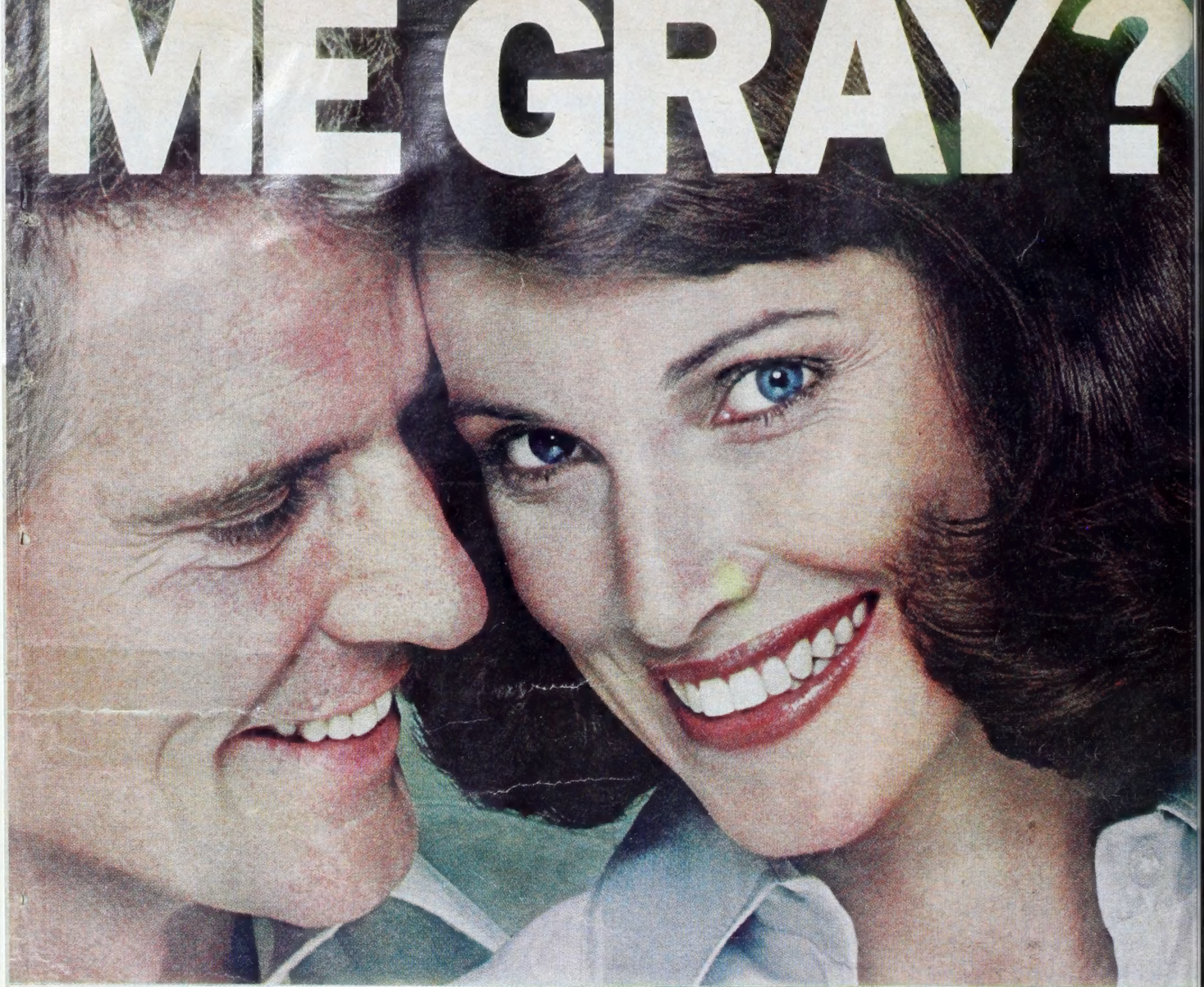
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ME GRAY?



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I'm too young to look old. But no way did I want to use haircoloring. Until I found Loving Care® Color-Lotion.

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It comes from Clairol. (And nobody else has anything like it.) It's so simple and easy. All I do is wash away my gray and wash in my own natural color. And I look like "me" again.

But that's not all the good news. My hair's in super shape now. It's got body. And shine. I can't believe how full it is. Loving Care is actually good for my hair.

My hair's never looked better. My hair's never felt better. And neither have I!



You're too young to look old.*

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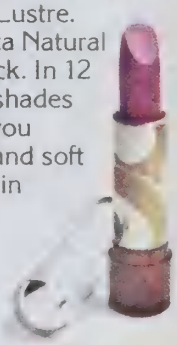
New Aziza Natural Lustre Lipstick is the first lipstick ever to bond the color and coverage you expect from a creme with lustrous, frosted color that's so smooth, it glows, not glitters.

And it's only when these two are blended in this special way that they give your lips such wonderful, warm, natural-looking color.

Of course, we didn't stop when we gave Natural Lustre Lipstick its unique color. We also made the color very long-lasting. And then we made it so moist every Natural Lustre shade glides onto your lips and feels silky smooth.

The way to choose a Natural Lustre shade is to look for the creme color you want as the first name and the lustre you like as the second name. Such as Red with Red Lustre, Rose with Tawny Lustre and Copper with Copper Lustre.

New Aziza Natural Lustre Lipstick. In 12 long-lasting shades that all give you creme color and soft frosted color in every stroke.



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"My husband is seeing a younger woman these days... me!"



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"My husband says I'm looking younger lately. It must be my new makeup – MoistureWear. MoistureWear makes a difference, because it's moisture and makeup in one. Just what I want now that I'm over 25.

"MoistureWear Makeup softens my skin and smooths out tiny dry lines. Warms my face with color. Instantly, my skin looks fresher, prettier... and *younger,* just like my husband says. Shows you what the right makeup can do!"



The MoistureWear® Makeup Collection: Liquid and Cream Makeup, Moisture Cream Blush, and Moisture Encapsulated Powder. Not shown: Moisturizing Under Eye Cover Stick: Its moisture-rich color evens out skin tone and conceals circles.

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From the makers of Blistex, Oak Brook, IL 60521

Dear Journal...

Betty Ford: Pro and con

Hooray for Betty! (*The Times of My Life*, Part I, October 1978; Part II, November 1978) She tells all, has a face-lift and proves there's no age limit for living with courage and zest. What an inspiration! *Martha Franklin, San Francisco, Calif.*

I felt compelled to write and thank you for publishing excerpts from Betty Ford's book. My mother recently underwent a radical mastectomy and found Mrs. Ford's frankness about her own surgery a great source of inspiration.—*Dorothy Gallant, Charleston, S.C.*

Thank heavens you have finished with Mrs. Ford's autobiography. She is self-centered and undignified, and I much prefer Nancy Reagan.—*Mrs. J.F. Hardy, Tucson, Ariz.*

Journal for the working woman

You are so right! Planning ahead ("The Complete Working Woman's Guide," November 1978) is the key to moving up in the business world. The *Journal*'s tips are practical and realistic, and I've tacked this section up on my bulletin board at work to keep my goals in sight.—*Ellen Fisher, Los Angeles, Calif.*

More Jackie?

Watched *Once Is Not Enough* on TV the other night, and I wondered if there ever was a chance to see another Jacqueline Susann novel. Or were they all published?—*Jane Rorimer, Rutland, Vt.*
(Ed. note: We have a surprise for you. Be sure to read next month's *Journal* for a previously undiscovered Jacqueline Susann novel.)

Divine Diana

We all watched Diana Ross' metamorphosis ("Diana Ross," by Elin Schoen, November 1978) from the gangly kid who first appeared on the *Ed Sullivan Show* to the stunning woman of the world she is today. And yet, Diana Ross never lets anyone forget the streets of Detroit where she grew up.—*Claire Howard, Detroit, Mich.*

Premature babies

On September 12th, 1978, my little girl was born—two months premature. Shirley Streshinsky's article ("Premature Babies: Born Too Soon," November 1978) tells the real story of the modern-day scientific miracles that kept my baby alive. There are no words to thank the dedicated doctors and staff who worked around-the-clock, those first and most important hours of her life.—*Kathy Sugarman, Seattle, Wash.*

Men and marriage

Thank you for the lovely news! ("What Marriage Means to Men," by John Mariani, November 1978) I've learned that the wants of men and women aren't all that different!—*Erica Speilman, Hewlett, N.Y.*

At last I can come out of the closet and admit it—I really like being married!—*John Chesney, Chicago, Ill.*

The single life was fun. But having someone to share life's ups and downs with, is the best.—*Charles Walker, Orlando, Fla.*

National Smoker Study:

Important News For 100's Smokers:



Smokers rate taste of low tar MERIT 100's equal to–or better than–leading high tar 100's.

Can low tar MERIT 100's–packed with 'Enriched Flavor™ tobacco–measure up to the taste expectations of high tar 100's smokers.'

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Results Endorse MERIT Breakthrough

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Confirmed: Majority of 100's smokers confirm taste satisfaction of low tar MERIT 100's.

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Confirmed: 85% of MERIT 100's smokers say it was an "easy switch" from high tar brands.

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Confirmed: 9 out of 10 MERIT 100's smokers not considering other brands.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Sophie S. Berger
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Joy and Ernie Cutler
E.P.T. provided an unbelievable moment to share at home together, instead of waiting for a lab test.

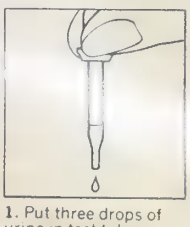


Paula Shegda
Two days after E.P.T. told me I was pregnant—my doctor confirmed it. It was just as accurate as my lab test.

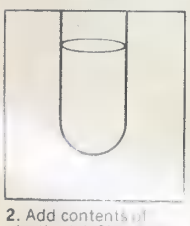


Marjie Odekirk
Thanks to E.P.T., I found out I was pregnant only 12 days after missing my period.

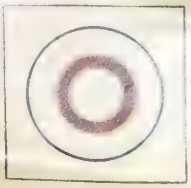
As your doctor will tell you, health precautions for proper fetal development are critical during the first 60 days. So don't guess at pregnancy. E.P.T. is the only in-home early pregnancy test proven accurate by thousands of American women in over two and one-half years of successful use.



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3. If, after two hours, a dark brown donut-shaped ring is visible, your test is positive. If no ring appears, your test is negative.

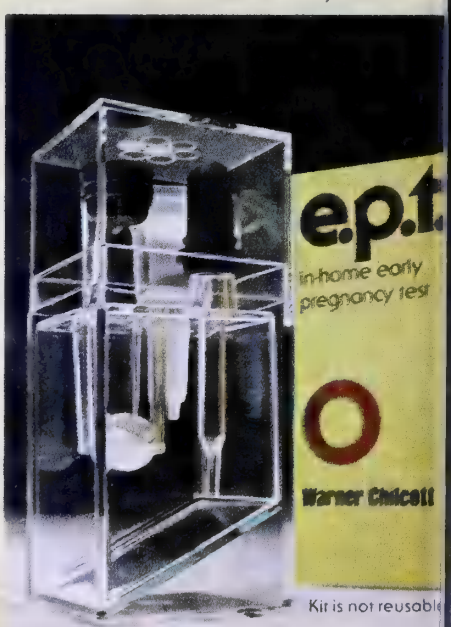
e.p.t. accuracy has been clinically confirmed by doctors
The high accuracy rate of E.P.T. has been clinically confirmed by doctors. And when performed as directed, E.P.T. is fully as accurate as similar hospital and laboratory tests ordered by obstetricians. No other in-home pregnancy test is more accurate than E.P.T.

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Remember: E.P.T. comes to you with fine credentials from Warner/Chilcott many of whose products you know and trust. E.P.T. is the only early pregnancy test that has been in use—accurately, safely—by thousands of American women in their own homes for over two and one-half years.

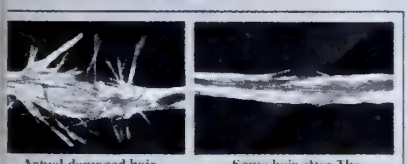
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Can This Marriage Be Saved?

"My Husband Put His Son First"

Dorothy Cameron Disney

Todd wanted a big, happy family. But Christine hated her stepson. When people can't even coexist, can they ever hope to turn two families into one?

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographic locations and other minor details have been altered to conceal identities. The counselor in this month's case was Doris Lion.

CHRISTINE'S TURN

"Todd and I are supposed to be legally separated, but six weeks ago he moved into *my* house while I was out of town, and I don't know how to make him leave," said Christine, a tall, imposing, 35-year-old woman with huge, amber eyes and thick, braided hair, pale as moonlight. Twice married, Christine was the mother of three teen-aged children by her first husband, and a seven-year-old daughter by Todd, who also had three children from a first marriage.

"Todd could out-argue the Supreme Court," Christine continued, "and he insists we reach a compromise. To him, compromise means his way.

"We have a stepparenting problem. His son, Ricky, is impossible; my daughter, Maggie, is also difficult at times, and Todd and I never will agree on how to handle them. We just fight. Liza, our daughter together, is a darling child and she deserves to grow up in a peaceful home without Todd yelling constantly and without me brooding or in tears. I feel it's up to Todd to get out of our lives, stay out of our lives and handle his son without involving us.

"Ricky, now twenty-two years old, is a common criminal. He steals to support his drug habit, and at this very moment he's awaiting trial for a felony charge. He's sure to be convicted, and Todd's throwing away good money on Ricky's bail.

"Todd has done everything in his power to rehabilitate Ricky, but the boy is hopeless. Rather than face the truth about his son, Todd is destroying our marriage. How can I respect a man who tries to control everyone and everything, yet is under the thumb of a worthless, no-good son?

"When I met Todd nine years ago, I felt he was a tower of strength, someone I could trust and depend on. At that time I was struggling to earn a living for myself and Maggie, then eight years old. My first husband got custody of our two sons, whom I haven't seen since the divorce, so I was hurt and desperately lonely. Meeting Todd was a blessing. His printing firm is very prosperous, and he swept me off my feet with his generosity. He showered gifts on me and Maggie—she was enchanted to meet Santa Claus in person—and took charge of my financial affairs, including finding me well-paying bookkeeping jobs with his friends. Naturally, I fell in love with such a warm and considerate man.

"Strange as it may seem in this day and age, we didn't make love until after our wedding. Not that Todd didn't try—he's much more highly sexed than I am—but I convinced him that we should be discreet, since he was in a custody battle with his ex-wife, Judith.

"Todd was heartbroken when the judge awarded Judith custody of their two daughters. He was crushed even more when she got Ricky, too. Ironically enough, eight years ago I was equally upset that Ricky wouldn't be living with us. At fourteen, he was a charming youngster, likable and well-behaved. He seemed like an ideal stepbrother for Maggie, who missed her own brothers.

"Indeed, I was so impressed with Ricky back then, I asked his mother if he could join Todd, Maggie and me on our combination honeymoon-family vacation. Judith agreed to let Ricky go, and the four of us took a Caribbean cruise.

"The cruise was great fun for the kids, and Todd's and my sexual relationship got off to a splendid start. To tell the truth, I'd been apprehensive because of disillusionment with my first husband, who was totally insensitive. But Todd was understanding, tender and romantic. He ordered a bottle of wine to help me relax, and it worked.

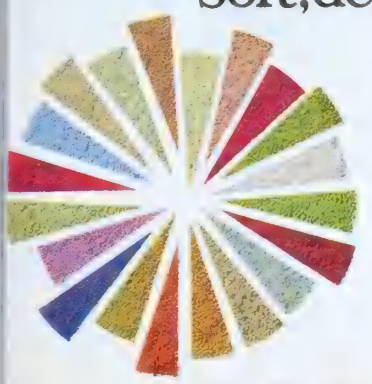
"I got pregnant with our Liza almost at once and, at Todd's insistence, I quit my job—a big mistake. I prefer the activity and excitement of an office to domesticity, but Todd is old-fashioned in a lot of ways, and I gave into him rather than put up a fight.

"I warned him I wasn't meant to be a homebody. Nevertheless, soon after Liza was born, he installed us in a big house, forty miles from the city. Our neighborhood was boiling with suburban wives who bored me silly with their country club talk. I felt isolated and left out. Also, quite soon—too soon—I began to worry about Ricky's weekend visits and his effect on my Maggie, a highly impressionable youngster who madly admired her stepbrother.

"As a trained bookkeeper, I keep track of household money, down to the penny. I found out Ricky and Maggie were robbing the cookie jar to buy soft drinks and candy. To discipline Maggie, I canceled her allowance for a month. Todd *(continued on page 22)*



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LADIES' HOME
Journal

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What's Happening



Gene Shalit

Gene speaks out on the continuing sham of the movie rating system, and then previews an abundant new crop of movies for every taste.

Ten years ago Hollywood began playing the movie rating game. Hollywood hype types—trying to head off congressional fury at the dross then drenching the screen—decided to invoke their own letters of the law. Since then we've all grown familiar with those letters: **G, PG, R** and **X**. My initial reaction to those initials was (and remains) skeptical. The entire rating system is a farce. Many theater owners pay no attention to it; they'll let anyone in to see anything. Millions of moviegoers ignore it, because they've learned that the ratings are unreliable.

Let's look at the record:

In the past ten years, the Motion Picture Association of America has rated 4,590 movies. That comes to more than one new movie every day. (And you wondered why I wear glasses.) Six percent (about 26 movies a year) were branded with an X. Some 17 percent were rated G. (Many of those were from Disney, the G whiz.) All the rest—more than 75 percent of those thousands of movies—were dumped into that nether world of neither-nor: **GP** and **R**. Do you know the difference between a **GP** and an **R** movie? Neither do I. The movie people have put up a phony façade, and they must be clever enough to know that the public is on to them. So why continue the charade? Any system that tells adults what they can read, say or see is censorship. The only citizens that a civilized democratic society *does* have the right to guide are its *children*. No responsible adult wants young, impressionable children bewildered or debased by material that is psychologically devastating. Movies can have a great impact. Therefore, if there is to be any rating system, it needs only two categories: (A) movies that anyone can see or, (B) movies that anyone can see *except* children too young to make reasonable decisions. Only one question should guide us: Is this film suitable for *young children* or not? But do you think *(continued on page 18)*

1979's FIRST COVER GIRL: We don't snap the shutter just once for our beautiful covers. Here, three runners-up of Mary Tyler Moore by photographer Douglas Kirkland who said, "You can't take a bad picture of Mary!"



Wear a Max today.

Great looking.
Great tasting, too.
Long, lean, all-white
Max 120s.



Fashion by John Anthony

Regular and Menthol: 17 mg. "tar," 1.3 mg. nicotine av. per cigarette, FTC Report May 1978.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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CAPERCAILLIE

SHOWN SMALLER THAN ACTUAL SIZE (9" DIAME

Announcing a most important new porcelain plate collection...

GAME BIRDS OF THE WORLD

by Basil Ede

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n extraordinary series of twelve collector's plates
Europe's foremost wild bird portraitist... his *first* works of art in porcelain.

h of the twelve plates bears a new and riginal work created by Basil Ede xclusively for this limited edition.

Available by subscription only.

The subscription rolls close: January 31, 1979.

ARTIST. Basil Ede, of Sussex, England, been called "the outstanding wild bird raitist of his generation, and perhaps of entury." He is widely regarded as Europe's t distinguished bird artist. Indeed, the au- ity of his style and the distinction of his k have profoundly influenced the way s are portrayed by artists throughout world.

ter notable exhibitions in London and r major European cities, Basil Ede was ored by a one-man show at the Smithso- Institution's National Collection of Fine in Washington, D.C. This was followed, ng recent years, by important exhibitions ew York's famous Kennedy Galleries.

is paintings have been commissioned by National Audubon Society and the World ildlife Fund, among others. And he is repre- ed in many prominent public and private ections, including the collection of HRH ce Philip, Duke of Edinburgh.

ow, at the height of his career, Basil Ede created his *first* works of art in fine elain—*Game Birds of the World*. A series welve collector's plates portraying the ity and grace of game birds in precise, au- ntic detail and with his own inimitable flair color and composition.

ach of these twelve plates is, in itself, a sterful work of art. Together, they form an mparable collection that will be a proud uisition for every subscriber . . . a focus for versation and admiration when displayed he home.

E GAME BIRD PLATES. The plates will be ted for Franklin Porcelain in France, by the ld-renowned firm of Haviland of Limoges.



CHINESE PHEASANT



REDLEGGED PARTRIDGE

The exceptional translucence and whiteness of Limoges porcelain are ideally suited to bring out the subtle colors of Basil Ede's art.

And the plates will be large in size—9 inches in diameter—to provide full scope for Ede's finely detailed portrayal of game birds in their natural habitat.

The jewel-like quality Ede brings to the birds' plumage . . . the delicate hues of each bird's protective coloration . . . the wonderfully natural colors of its environment . . . all will be captured *exactly*.

Franklin Porcelain has devoted more than two years to meticulous preparation for the issuance of these plates, and every detail will be of the highest quality. For example, each plate will be hand-decorated with a border of pure 24 karat gold, perfectly proportioned both to the size of the plate and to the scale of Basil Ede's art. And each plate will incorporate as many as sixteen separate ceramic colors. Only through such perfection of detail could the standards of Basil Ede and of Franklin Porcelain be satisfied.

Ede's very beautiful and marvelously accurate works of art—created especially for this issue and available only on these fine porcelain plates—make this a collection that will be enjoyed and prized by all who love the beauty of birds, of art, and of porcelain.

And, as the *first* works in porcelain by Europe's leading painter of birds, this is a collection clearly destined to have lasting importance.

THE LIMITS OF EDITION. The *Game Birds of the World* porcelain plate collection will be produced only once and in strictly limited edition, with an absolute closing date of January 31, 1979. The plates will be crafted exclusively for individual subscribers. And the limit of one collection of Game Bird Plates per subscriber will be enforced without exception.

Thus, the total number of sets to be issued will be forever limited to the exact number of original subscriptions entered by January 31, 1979, plus one set for Basil Ede and one for the archives of Franklin Porcelain.

Since the plates will not be sold separately and will not be made available for original sale through dealers, the original subscribers and the artist will be the only people in the entire world who can acquire this collection. In the future, any dealer who may wish to offer these plates to a client, or any collector who may wish to acquire these plates at that time, can only hope to obtain them from one of the original subscribers.

SUBSCRIPTION DEADLINE: JANUARY 31, 1979. The collection will be issued to subscribers at the convenient rate of one plate every other month. The original issue price of just $55 per plate will include specially written reference material and special display stands for all twelve plates in the collection. And a Certificate of Authenticity will accompany each collection.

There is no need to send any payment now. But the subscription application below must be mailed to Franklin Porcelain, Franklin Center, Pennsylvania 19091, no later than January 31st to be accepted.



SUBSCRIPTION APPLICATION

GAME BIRDS OF THE WORLD

A Limited Edition

Must be postmarked by January 31, 1979.
Limit: One collection per subscriber.

Franklin Porcelain
Franklin Center, Pennsylvania 19091

Please enter my subscription for the *Game Birds of the World* porcelain plate collection, bearing original works of art by Basil Ede and crafted in fine Limoges porcelain.

I need send no payment now. The twelve plates are to be sent to me at the rate of one plate every other month. I will be billed for each plate in two equal monthly installments of $27.50*, with the first payment due in advance of shipment. *Plus ... state sales tax.

Signature _____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE

Mr
Mrs
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

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What's Happening

continued

Hollywood will create a plan that's simple and logical? You know the answer.

What can we expect in the 1980's?

In the movies, more of the same.

In the ratings, more of the sham.

FOR ALL THE FAMILY

Now *here* is a movie that can be wholeheartedly recommended to everyone who knows that a movie for the whole family *can* be good . . . that it can be enjoyed at many levels by people of many ages . . . that it can be witty and exciting and beautiful and adventurous . . . *not* gooey, not *syrupy* . . . but robust and solid and grand entertainment. Such a movie is *Watership Down*, the new animated feature with a brilliant British cast providing the voices and animators who know their art. Oh, one exception to the British: there is a lunatic bird who is one of the heroes of the picture, and his voice was provided by the late Zero Mostel . . . speaking in an Eastern European accent that will have you laughing out loud. The people who made the movie refer to it as a Middle Eastern accent. They don't know what they're talking about . . . or what *Mostel* was talking about. *Watership Down* is all about rabbits—as differentiated from bunnies—and it is based on Richard Adams' best-selling novel of fantasy, *Watership Down*. It is the story of a a prescient young rabbit, who flee fro their warren and seek peace, freedo and safety in a faraway place. The fil is filled with their adventures along th way to this hilltop Eden, and its clima is a terrible battle with evil rabbits wh want to enslave them. If you thoug that any so-called family movie the days was automatic glop, *stop. Wate ship Down* is an up . . . a movie you ca go to see without your children. But c be nice and take some child with yo

THE SAND WINS

And now *Caravans*—the new movi that asks the question: "Can a beautifu girl from a small town in Pennsylvani find happiness in the Arabian desert a the paramour of a camel-riding nomad? The answer is not long in coming as th audience rises up and replies in unison "What idiots *made* this movie?" *Cara vans*—more than two arid hours o Michael Sarrazin, Jennifer O'Neill an sand. Jennifer plays the role of th daughter of a United States Senator She has run away from America t shuffle across the Sahara with that well known nomad, Anthony Quinn. Life i just one dune thing after another. Mean while, Michael Sarrazin is sent to fin her. Wandering through the desert, h encounters a Caravan, led by guess who Anthony Quinn. And there she is: th object of Sarrazin's search. Will she return to Pennsylvania? Will a camel bite Quinn? Will the director and scrip writers of *Caravans* be let off with sus pended sentences? Judging from this movie they should all be *suspended* from their sentences.

CALM AND SATISFYING

Everyone who admired *Julia* will be happy to know that Jane Fonda and Jason Robards are reunited—although this time they are enemies, not lovers. The film is *Comes a Horseman*, set in the unsettling west of the 1940's, a time of oil and turmoil, of a battle for cattle to settle the survival of a rival. The principal villain is Robards, a land baron with a sinister heart, scheming to squeeze Jane Fonda from her neighboring land. Fonda's partner is James Caan, who leaves his land to throw in his lot with her and her hired hand, Richard Farnsworth. Fonda is fine as a girl who's been raised as a boy: She can ride, rope and ranch with the toughest, and she is absorbingly photographed by Gordon Willis who cuts the glamor and gives her a handsome glow. With a minimum of dialogue she reveals her character, uncoiling her repressions expression by expression. Each of these types has galloped across a thousand western screens, but this excellent cast casts out cliches. If you're looking for gunslinger action, *Comes a Horseman* comes a cropper.

(continued on page 38)

"OPEN IT UP AND IT TURNS INTO A SEWING ROOM."

—POLLY BERGEN



Only Singer makes a cabinet that takes up so little floor space when it's closed– yet gives you so much sewing space when it's open.

Closed, the *Space Saver* cabinet is a beautiful piece of furniture.

It's faced in rich pecan veneers and accented with antiqued brass hardware. (Singer feels a sewing cabinet should be as easy to look at as it is to use.)

Open, it's a whole sewing room.

SINGER INTRODUCES THE SPACE SAVER* CABINET.

It accommodates any free arm or *Flip & Sew** machine that Singer makes. And it stores fabrics, patterns, notions, thread (up to 48 spools), sewing books – even your iron – within arm's reach.

So you can sew to your heart's ontent. Without ever having to stop and ook for equipment.

One other nice feature: when you're rough sewing for the day, all you do is lose up your *Space Saver* cabinet. And our sewing room turns back into a living oom.



Model 280

100 MILLION PEOPLE SEW EASIER WITH SINGER.

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Spending Your Money

Sylvia Porter

All about the new tax law and how to take advantage of it NOW.

The time to cut your Federal income taxes for this year begins now . . . in the first month of the new year. In a future issue, we'll tell you how to slash your 1978 taxes to the legal minimum. But those books have closed, and what you should be concentrating on now is the new, massive tax law approved by Congress and signed by President Carter. Here are some tips:

GETTING MORE OF A BREAK ON DEPENDENTS

Even if you are contributing less than half the support of an aging parent, you can get an extra $1,000 deduction by arranging a "multiple support agreement," under which you and your brothers and sisters decide among you which of you will take the exemption. (You can rotate it, and trade it off among you.) The requirements: 1) Your mother must have received more than half of her support from you, your brothers and sisters; 2) Your mother must have less than $1,000 in gross income for the year (Social Security payments are not included); 3) No one of you can contribute singly more than half your mother's support; 4) If you're the one selected to take the exemption, you must contribute more than 10 percent of her support; 5) Anyone else who gives more than 10 percent support must agree not to claim an exemption for your mother in the year you claim it.

Say you, your brother and two sisters are furnishing most of the support of your mother in 1979. You each contribute $1,000. Since each of you provides more than 10 percent but less than half of your mother's support, any one of you can qualify for a dependency deduction under a multiple support agreement.

If it's your turn to take the exemption: Review the requirements with your family *now*, and make sure all the rules will be met for 1979. Have your brothers and sisters each fill out IRS Form 2120 stating that they will not claim your mother as a dependent and attach all the Form 2120s to your own income tax return when you file in 1980 and claim the $1,000 exemption.

Tax saving tip: Try to have as much of your support go to your parent's medical expenses as possible, for this rewards you with a medical deduction on top of the dependency deduction. In the above example, if your $1,000 support payment goes entirely to your mother's medical expenses, you pick up a $1,000 medical deduction—and wind up with a total of $2,000 in deductions.

IF YOU SUPPORT A PARENT IN A REST HOME

If you are among the millions who are supporting an elderly parent in a rest home, you may get several tax breaks that can substantially reduce your tax bills. For instance, you can deduct part of the costs when a parent enters a rest home. Say you support your mother who is about to go into a retirement home that requires payment in advance for her lifetime care. A statement then provides you with a financial breakdown showing that a percentage of the fee is to cover future health care. You can deduct that amount now, even though the medical services won't be rendered until future years, according to a new IRS ruling, if your prepayment is in exchange for your mother's lifetime medical care by the home. (Rev. Rule. 75-303.)

The general rule is that a taxpayer can't get a current deduction for prepaid medical expenses. For instance, you couldn't pay your physician this past December for January's physical and deduct the fee on 1978's return. The required prepayment to an institution for lifetime medical care of a dependent is a major exception. Allocation is a must. Only the portion of the institution's fee that's allocable to medical care qualifies as a medical expense deduction. The part of the fee that pays for everyday expenses—room and board, say—is not deductible.

You might get a big head-of-household tax break for supporting a parent in a rest home, for both the IRS and the courts agree that support of a parent in a rest home or home for the aged is similar to supporting your parent in a separate household. You can still get a dependency deduction for hospitalized parents who receive Medicare benefits. The Tax Court recently gave back a dependency deduction many taxpayers thought was lost.

Medicare benefits are not taken into account when computing a dependent's total support, says the Tax Court. The old rule was that they were, at least hospital benefits received under basic Medicare. As for payments under supplementary Medicare, the IRS concedes they are not part of the total support.

Keep track of all the expenses that count in picking up a dependency deduction! Medicare benefits won't knock out the deductions but such items as Social Security might. Make sure you contribute enough before the end of 1979 to meet the more-than-half support test.

THE DEPENDENCY DEDUCTION

The long-familiar $750 dependency deduction jumps to $1,000 for 1979. Not only is your dependency deduction bigger, but your dependents also are able to earn more than ever before and still qualify as your dependents. Here's what to do to pick up vital dependency deductions and cut your tax to a legal minimum. *(continued on page 117)*

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When you do business with The Travelers, it's with one of our independent agents. So when you have a question about auto, health, home or life insurance, you deal with someone who is close to you and your situation.

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Can This Marriage Be Saved?

continued from page 12

doubled Ricky's allowance, without mentioning it to me.

"Other incidents followed, but the weekend I caught Maggie and Ricky companionably smoking pot—Maggie was twelve at the time to Ricky's eighteen—I put my foot down. I told Todd that I wanted him to entertain his son outside our home. In the middle of our argument, Judith called and hysterically announced that Ricky had been expelled from school and was out of her control. She insisted Todd take over his custody.

"I said no, of course, but Todd harangued until we compromised—a compromise I still regret. Ricky came to live with us, and I went to work for Todd. My job was a success, our living arrangements a disaster.

"In quick succession, Ricky was expelled from three other schools. Then, despite my protests, Todd gave him a job in his downtown plant. When Ricky lifted two hundred dollars from the safe, and I caught him, Todd defended him and humiliated me.

"I quit the business and Ricky stayed. Later, Todd begged me to come back to work—by this time Ricky had disappeared with a wad of his father's hard-earned cash—but I refused. I launched a free-lance bookkeeping business, and it's lucky I did.

"Ricky was soon back with us, as I'd expected, and in deeper trouble, as I'd also expected. But why continue? I'm sure you get the general picture. My husband puts his delinquent son first, even though the girls and I suffer.

"Last December I bought my own home and filed for divorce. Once again, Todd managed to talk me into one of his compromises, a legal separation that isn't working. How could it work? He moved in with us.

"I'm sick of Todd. I'm sick of his nonstop mouth. I want him to leave my home. I want a divorce."

TODD'S TURN

"Christine tries to tell me I love my son more than I love her. That's ridiculous," cried 47-year-old Todd, a thick-shouldered, muscular man with blue eyes and a glistening bald head. Often incoherent with emotion, Todd was virtually impossible to interrupt.

"There's no comparison, none. How can you compare a wife and a son? It's absurd. Ricky has caused a lot of trouble in our lives, he has done a lot of wrong things, but he's paid the price and he's about to pay a heavier price. Christine might remember that and show more compassion, more human charity.

"The fact that I love Chrissie—I loved her enough to make the down payment on the house that she is now trying to throw me out of—doesn't mean I can just forget everybody else, kiss off my own flesh and blood. If Maggie, that's her daughter, got in trouble—as Maggie very well might—I would help her.

"Ricky needs his father's help—that's my help—in the worst way. Drugs and poor judgment ruined my son. After robbing everybody in the family to feed his habit, he tried to hold up an undercover policeman. The dumb, stupid jerk was under the influence of drugs at the time, and he walked into a trap. It was entrapment, pure and simple, but I doubt we can prove it.

"When he called me from jail—this six-foot tall, twenty-two-year-old son of mine—he was crying, like a baby. Naturally I bailed him out. What father wouldn't? And when he has to appear in court, I'll be there with a top lawyer.

"Christine objects to my assistance, calling it a waste of my time and money. She has always been prejudiced against Ricky. Because she let her first husband, a real louse, walk off with her sons, she envies my relationship with Ricky. But maybe I'm mistaken. She doesn't seem to miss her boys at all.

"In some ways, Christine is a cold and unfeeling woman. Colder than me, that's for sure. Yet I love her with all my heart. I've only had two women in my life—my first wife and Christine.

"My first marriage went sour because of inexperience and immaturity, mostly mine. Sometimes I regret not sticking out with Judith—we should have cor promised more—but all that's best fo gotten. She's happy with her secon choice.

"In the beginning, I was happy wi Christine, and she was happy with me I think. Chris is a hard woman to fathor Unlike me, she very seldom talks an when she does talk, she isn't alwa truthful. Her memory is bad, she say But I say she kids herself into believin what she wants to believe.

"She would tell you, I'm sure, that sh invited Ricky and Maggie on our hone moon trip. In fact, she intended to dum Maggie with girl friends and my sc wasn't in her plans, period. It was n idea to give the two kids the trip.

"The trip was a big success, even i its sexual aspects. Christine tends to b cool in bed—I'm just the opposite—so made sure she felt comfortable. I pr vided candlelight, romantic talk and good bottle of wine.

"Nowadays, I'm regretting that bottl of wine. Though she won't admit i Chrissie drinks too much. I hate to thin I might be responsible for her turnin into a lush.

"To tell the truth, I'm afraid fo Chrissie. I'm afraid for her daughter Maggie. Above all, I'm afraid for ou little daughter who I often think of a *my* daughter, strictly mine.

"Liza is a magnificent child, tw grades ahead of herself scholastically and a wonderful athlete. She's alread collecting swimming trophies, and I'm the one who takes her to all her meets I won't let her future be jeopardized b the wrong influences—if you follow me

"Maggie used to be a darling child; in fact, I called her my little sweetheart Maggie is now eighteen and she's run ning wild, in spite of Christine's harsh discipline, maybe because of it.

"Kids today won't take orders. Maggie is bound to revolt, as Chris will find out She needs me to help her straighten out her daughter. She needs me to straighten out her financial situation.

"Christine overestimates her money-making talents. She has conned herself into thinking she can support a family of three and carry a house with free-lance bookkeeping. She 'forgets' I made the down payment on 'her house.' She 'forgets' her assignments are with business firms owned by friends of mine. One word from me, and they would fire her in a minute.

"I love Christine. I wish her well. But if she insists on a divorce and throws me out in the cold, my feelings might change. I might turn vindictive. Probably I wouldn't, but I might.

"One thing's for sure, I'll fight her for custody of my Liza. I know that talented, unspoiled little girl would be better off with me than with her mother."

(continued on page 26)

THE LHJ GROUP DIET

For women who want to lose weight together

Want to go on a diet? Do you have women friends in your office, club, church or neighborhood who are also talking about losing weight? If you can get together a group of at least six dedicated friends, each of whom needs and *wants* to lose a minimum of ten pounds (there is no maximum), write us and tell us about yourselves. We must have a photograph of the full group and individual statistics on each member—name, address, age, phone number, present weight and weight-loss objective. If we select your group, we will put you on a diet designed to achieve healthy weight loss and, of course, we will take pictures—before and after—including, for the "after," a complete staff of professional hair and makeup experts. Deadline for entries is February 1, 1979. Send entries to:

Ladies' Home Journal
Diet Group
641 Lexington Avenue
New York, New York 10022

Remember, we must have a photograph of your group. No letters will be considered without one.

Introducing *Rich Lights*. The first low 'tar' cigarette good enough to be called *Rich*.



Available in Kings and 100's.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.

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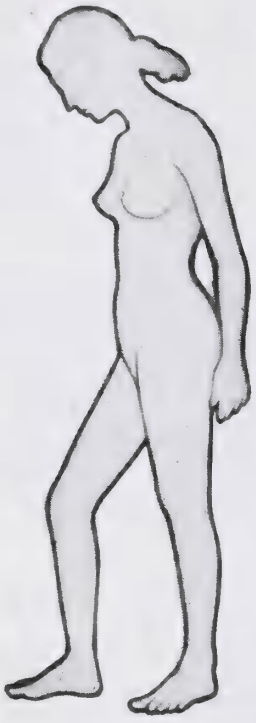
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1 HUNDREDS OF THOUSANDS OF AMERICAN WOMEN ARE ALREADY USING ENCARE OVAL™.

Encare Oval™ was introduced in the U.S. to doctors in November 1977, and has drawn the attention of both the medical profession and the public to a greater extent than any contraceptive product since the pill.

Gynecologists have been recommending it with high frequency. And Encare Oval already has become the vaginal contraceptive most often recommended by pharmacists.

Today, Encare Oval is being used by hundreds of thousands of women, and users surveyed report overwhelming satisfaction. Encare Oval™ users say they find it an answer to their concerns about the pill, IUDs, diaphragms, and aerosol foams.



2 ITS EFFECTIVENESS HAS BEEN ESTABLISHED IN CLINICAL TESTS.

In a recent U.S. clinical study, Encare Oval was subjected to one of the most rigorous tests ever conducted for a vaginal contraceptive. It showed that Encare Oval provides consistent and extremely high sperm-killing protection. These excellent results support earlier studies in European laboratories and clinics.

Each Encare Oval insert contains a precise, premeasured dose of the potent sperm-killing agent, nonoxynol 9. Once properly inserted, Encare Oval melts and gently effervesces, dispersing the protective, sperm-killing agent within the vagina.



It is known that the success of any contraceptive method depends on consistent and accurate use. Encare Oval™ has been designed to be so convenient, you won't be tempted to forget it. And so simple to insert, it's hard to make a mistake.

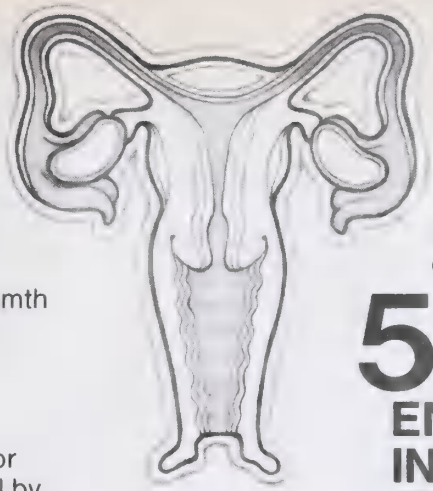
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And because you don't take the pill, there's none of the associated weight gain, bloating, or breast enlargement. Since there is no hormonal disruption of your

The most contraceptive



menstrual cycle, your periods should remain normal.

In some cases, a feeling of warmth has been reported when using Encare Oval. This is usually no cause for concern.

In a limited number of cases, however, a burning sensation or irritation has been experienced by either or both partners. This can occur in varying degrees with virtually all vaginal contraceptives.

In these instances, use should be discontinued.

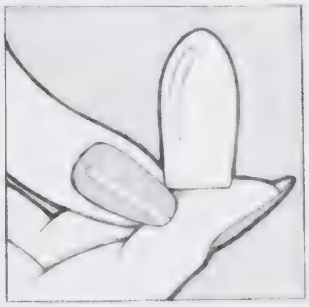
"ENCARE OVAL S EASIER TO INSERT HAN A TAMPON.

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talked about since the pill.

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Add our unique blend of natural seasonings. That's the secret to making delicious gravy with the color, taste and texture *you* like . . . all in the time it takes to carve. Turn pan drippings into *real* gravy with Kitchen Bouquet, then watch the smiles turn up at your table!



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Can This Marriage Be Saved?

continued from page 22

THE COUNSELOR'S TURN

"At my urgent recommendation," the counselor said, "Todd moved to a hotel. Nothing could have been accomplished otherwise. For Christine, living under a separate roof, free of harassment from her fanatically wordy husband, had a symbolic as well as a practical value.

"The geographic space between them, although only a few miles, gave her a chance to understand her feelings. The privacy of a hotel room and the silence—at my suggestion the TV set was removed—helped Todd sort out his chaotic thoughts and emotions. A man who hated to be alone, Todd nevertheless benefited from the solitude. In our individual counseling sessions, he was able to speak to the point.

"It is currently estimated that there are approximately ten million stepchildren in America. Second families almost inevitably encounter trouble. But it soon became clear that Ricky and Maggie were not the only problems confronting Christine and Todd. Their roles as stepparents merely complicated problems inherent in two such difficult personalities.

"Christine was miserably unsure of herself and she tried to hide her insecurity by keeping quiet, maintaining a cool distance between herself and other people, even her own family. Todd was also emotionally insecure. He concealed his lack of confidence with boastfulness, floods of wisecracking suggestions and nonstop advice to everyone in earshot. A hail-fellow-well-met backslapper, Todd appeared to be jauntily at ease in company, but basically he was a very lonely man who was genuinely terrified of losing Christine.

"One of the first steps in helping this similar-dissimilar couple was to make Todd shut his mouth and open his ears. To accomplish this, I used a timed dialogue technique. For ten minutes, Christine spoke without interruption while Todd listened intently, although at first he nearly burst from the effort. Then Todd spoke for ten minutes while Christine listened, which was an effort for her. Long ago she had closed her mind to his long-winded monologues.

"In the course of their first real conversations, a great deal of truth emerged. For mature people, both were surprisingly uninformed about sex. I recommended several sex manuals, which improved their lovemaking. And, as they learned to confide in each other, there was considerably more intimacy in their relationship.

"Other truths emerged. Christine recognized and admitted that her earning capacity was less than she had fancied. She needed financial aid from Todd as much as she needed his emotional support. When Todd forced himself to listen to Christine, he discovered that her desire to hold a job was based, in part, on a desire to escape the pressure of being with him. His determination to order and to control every detail of her life swamped her, swallowed her identity. He agreed to let up and to allow her more personal freedom.

"As nearly all successful stepparents eventually decide, Todd and Christine agreed that the natural parent should manage his and her own offspring without interference. Christine's relationship with Maggie quickly improved, but Todd still faces potential trouble with Ricky.

"During the course of counseling, the charges against Ricky were reduced, and the young man was sent—at his father's expense—to a drug rehabilitation center. Todd, ever the optimist, confidently expects a cure. Christine, though she's not interfering, has her fingers crossed.

"Liza draws Christine and Todd together. Todd still maintains a room at the hotel, but spends many weekends with Christine—at her invitation. Having sold the house in suburbia, they now refer to Christine's house as 'our home.'" **End**

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There's simply no other sheet like it. With 20% more cotton, it's the first and only no-iron sheet that feels as beautiful as it looks.

Comfortcale is more cotton.

More cotton for more comfort, Comfortcale is a Royal Family exclusive, available in select patterns that range from the frankly feminine to bold-spirited statements.

Shown here, "Windrush." Delicate white flowers on a field of blue or almond. Just one of many fully coordinated bed and bath ensembles with sheets and pillow cases in Comfortcale: 60% cotton/ 40% polyester.

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BOOK BONUS



"SO HOW'S THE FAMILY?"

BY SAM LEVENSON

America's beloved humorist takes a cheerful—and sometimes tearful—look at life, love and the American family. From his new book that promises to be a runaway best-seller.

I had a delightful professor of education at Brooklyn College who taught his future teachers, in pseudo-Brooklynese, that to put over a perfect lesson you had to stick to one rule: "Tell 'em what you're gonna learn 'em; then learn 'em; then ask 'em: What did I just learn you?"

So—what am I going to "learn" you?

Simply that men of letters—Aristophanes, Seneca, Cervantes, Swift, Wilde, Voltaire, Twain, Shaw, et cetera—are not endowed by their Creator with a monopoly on wit and wisdom. Like they say:

> "You don't have to be in Who's Who to know what's what."

You see, I am not dealing here with the humor of the world's V.I.P.'s (the alleged very important people) but with the very important humor of the V.U.P.'s (the alleged very unimportant people), the common man, the folk, the "they" of "like they say."

Like they say:

> "The woods would be silent if only birds with trained voices did the singing."

For about 40 years now I have been gathering V.U.P. humor because, although I believe in jokes, I don't believe a joke is nothing more than a joke. Like they say:

> "Tell me what you laugh at, and I'll tell you who you are."

A joke tells us much about the joker, who he is and how he lives. In fact, it would not be difficult to reveal the patterns and problems of an entire civilization from its humor.

These days, for example, if you listen to the laughter of the people you'll find that the joke is often about the declining family and the emerging woman.

Ms. Woman is now demanding her turn at the bat; her chance, if not always to win, at least to compete in the big leagues of human endeavor. Like man before her, she uses humor not only in her defense but in reprisal for years of male kidding. Here are some recent examples:

> "God made Adam for practice. Then he looked him over and said, 'I think I can do better than that,' so He made Eve."

> "My husband is changing his faith; he no longer believes he's God."

Females are taking a few intellectual wallops at male delusions of intellectual superiority:

> "Any husband who thinks he's smarter than his wife is married to a very smart woman."

> "My husband was just named by his college as Man-of-the-Year; which shows you what kind of a year this has been."

One Thanksgiving Day this woman *asked for* thanks:

> "Let us give some thought to the Pilgrim Mothers, for they not only had to endure everything the Pilgrim Fathers endured, but also had to endure the Pilgrim Fathers."

Most women believe in equal pay for equal work but they want more than that; they want equal honor for the work of their hands, their minds and their hearts. You don't have to punch a clock to be a contributing citizen. My mother lived and died with honor yet never left the house except to bring Papa his lunch.

The woman working at home to keep her home working is often the first to joke about her job:

> "The most shocked women in the world are those who get married because they got tired of working."

> "Thank God I don't have to go to work. I just get out of bed in the morning and there it is, all around me."

> "I have a career, too. Mop art."

This ad must have been placed by a housewife on the verge of going work-beserk. It sounds as though she has just burned her marriage license:

> *Woman wanted: to help in house. 18-hour day, 7-day week, sleep in. Must have knowledge of cooking, sewing, medicine, law, child psychology, elementary electricity, bookkeeping and sex. Must be strong and willing. No wages. Only room and board.*

Today, some 50 percent of the work force in America consists of women. Here, the working woman attacks the "woman's place is in the home" philosophy:

> "Too many girls get married before they can adequately support a husband."

"It's about time you admitted that *(continued)*

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My sculpture...and Miss Clairol. This I do for me!



I love the touch and tone and texture of things so I really respond to the soft, rich color of Miss Clairol—the sensuous way it catches the light, silkens the hair, the beautiful way it covers gray. And now every package of Miss Clairol Shampoo Formula also has its own little bottle of Color-Hold® Conditioning Shampoo. It's the perfect finishing touch for hair that has just been colored. Leaves my hair even more manageable, delicious to touch. Like my sculpture, it's something special I do just for me!

MISS CLAIROL®...THE NATURAL-LOOKING HAIRCOLOR.



Not the lowest low tar.

"Just a taste that's easy to switch to."



Today's Kent.
The easy switch to low tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kent Kings: 12 mg. "tar," 0.9 mg. nicotine,
Kent 100's: 14 mg. "tar," 1.0 mg. nicotine av. per cigarette, FTC Report May 1978.

the best man for the job may be a woman."

"Now that I'm working I not only understand economics but can explain it to my husband: A recession is when your neighbor loses his job; a depression is when you lose your job; a panic is when your wife loses her job."

he case against the indiscriminate use of the word "man" en when the "man" is a woman) instead of the neutral d "person" is a strong one. I have never thought of nan as anything but my equal (which may not be flatter-, yet like other men I retain the linguistic usages out of it. The subject is already being treated humorously:

"The accident report will read: Person fell into an open personhole."

"What do you call a man who impersonates a female? A person impersonator?"

deliberately funny birth announcement:

IT'S A PERSON! 7½ lbs. Sex—Optional

A wedding invitation: Persons John and Carey Child announce the merger of their personal offspring Linda to Peter, personal offspring of persons Paul and Jean Parentis. RSVP: Person to Person DRESS: Unisex

nd while we're on the subject of weddings and births, let's listen to what they're saying about the family.

So, how's the family?

Maybe the question should be, "Where's the family?" or, n more simply, "Where's the *what?*"

Let me confess right off that I am not merely family oriated, I am family obsessed; my compulsion was passed vn to me through my parents' cultural genes.

To my parents, family was not just a convenient arrangent but a moral mandate, a religious commandment: Life, were taught, is perpetuated via the family. But the ancient tem has run into trouble and family humor reflects this.

The old familiar patterns of family life are rapidly becom both unfamiliar and unusual. Today, for example, there ust as much authority in the heads of the family as there r was, except that now those heads belong to the children. Traditional parents accept the transfer of power to the ng with apprehension:

"Give a child an inch and he'll think he's a ruler."

The old order ordered corporal punishment for disorderly ldren—not brutality, but discipline applied at one end to quence the other:

"Give your child a spanking once a day. If you don't know why, he does."

"Even Sir Isaac Newton had to be hit on the head before he learned the law of gravity."

One thing for sure, the old order did not require parents amuse their children:

"Be a father to your children. If they want an entertainer let them hire one."

"What a boy needs is a father, not an accomplice."

Permissiveness, a comparatively new child-rearing phiophy, has provoked much derisive humor:

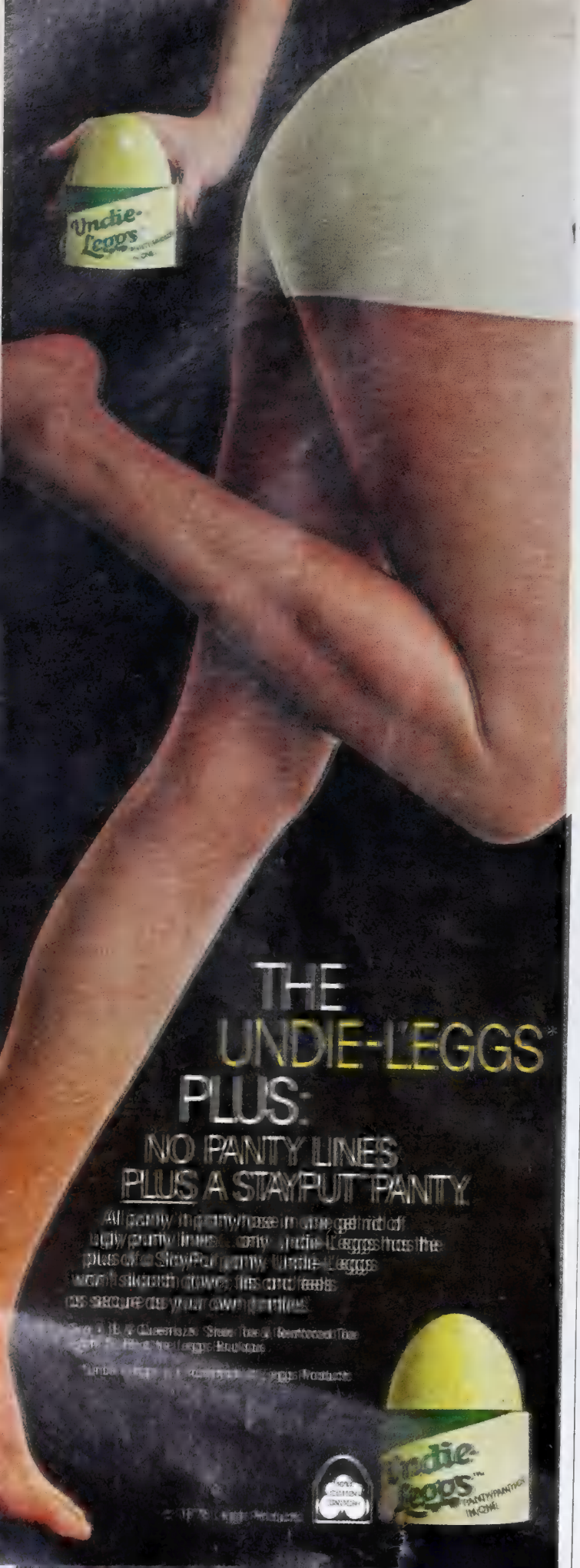
"Permissiveness means, like, saying to a kid, 'No. You're not going to do that and that's semifinal.'"

"If you've given up trying to get something *(continued)*

It's a festive occasion and break open a bottle of our Brandy Alexander. Chocolaty. Creamy. We've added the liquor. You may want to add ice. Nice idea.

HEUBLEIN
BRANDY ALEXANDER

THE HEUBLEIN BRANDY ALEXANDER.



"SO HOW'S THE FAMILY?"

continued

open just tell a permissively raised four-year-old not to touch it."

"How can a parent tell whether he's being permissive or not when there are no rules for children to disobey?"

"Permissiveness is hard to define. Call it simply, 'The preservation of wild life amongst children.'"

As most parents will tell you, there is no guarantee that reasoning with a child will produce reasonable responses:

"There's nothing wrong with a child's behavior that trying to reason with him won't aggravate."

The Reason Method works best when dealing with young children who deep in their hearts believe in their parents and trust them even when they cannot follow reasoning. By the time they become teen-agers, however, the chances of a reasonable relationship usually drop to a dangerous low:

"When our children were small we thought they were brilliant. Now they're adolescents, and they think we're retarded."

"To have children in their teens is to know that you are living, just as having a headache is proof that you have a head."

"Youth is a time of rapid changes. Between the ages of 12 and 17 a parent can age 30 years."

The contemporary parent was a child when everything was the kid's fault and is now a parent when everything is the parent's fault.

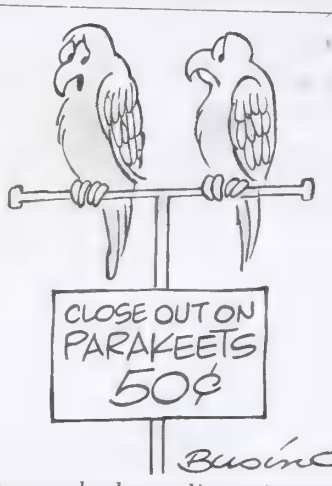
We hear the sad plaint of the jilted parents in jokes that barely conceal their painful, "What did we do wrong?" They come hurt in heart, and heart in hand, to ask for the love of their children, to beg that the sins of the parents be forgiven as the children expect to be forgiven theirs.

Like they say, "It would be funny if it weren't so sad." But in humor the sad can be funny, and the funny sad:

"By the time your son is old enough not to be ashamed of *you*, his own son is ashamed of *him*."

"Now that she's grown up to the point where we can live with her, she decides to move out."

"You can give your teen-age son your car for his date, a bonus allowance for his date, your brand-new sport jacket for his date, but you cannot tell him to 'Have a good time.' He will probably glare at you and say: 'Don't tell me what to do.'"



"I hope nobody realizes they've got us priced lower than fryers!"

"Teen-agers seem to get homesick only when they're at home."

The raising of a family produces a kind of *dementia parentalis* that shows in irrational, parental utterances like:

"Someday you'll be a mother, then *you'll* be wrong."

"When I get old, I'd like to be a kid. It's the only way to live these days."

"Oh, how lucky are the mothers and fathers who have no children."

Traditionally, marriage meant multiplication. It was expected that the bride and groom would go forth and multiply. Now they are doing more dividing and subtracting.

For one thing, man is afraid of being multiplied out of existence:

"Somewhere on this globe, every ten seconds, there is a woman giving birth to a child. She must be found and stopped!"

As usual, running with the problem is its humor:

"Let things alone. When the earth's population reaches the point of Standing Room Only the problem will solve itself."

"Zero population growth could be achieved if every time a kid is born a man leaves town."

Parents of large families kid about its advantages:

"It's one of the best ways to keep bread from getting moldy."

"The advantage of having a large family is that one of the kids may turn out better than the others."

"Blue Cross has given up on us. We are now covered by Red Cross."

The subject of birth control is certainly not exempt from the world's humor:

Q. "What do they call a man who doesn't believe in birth control?"
A. "Daddy."

"One kid per year is not what is meant by the Rhythm Method."

"There's no point in doctors specializing in obstetrics. In ten years they're gonna have a cure for it."

A doctor's advice to a young bride regarding the use of contraceptives:

"Use on every conceivable occasion."

Fraternization without maternization is now a social doctrine, which has been tightly compressed into a pill, *the* pill. Those who oppose the pill have compressed the words "pill age" into the angry word "pillage." The pro-pillists, on the other hand, call the anti-pillists "Pill-grims."

What did I "learn" you?

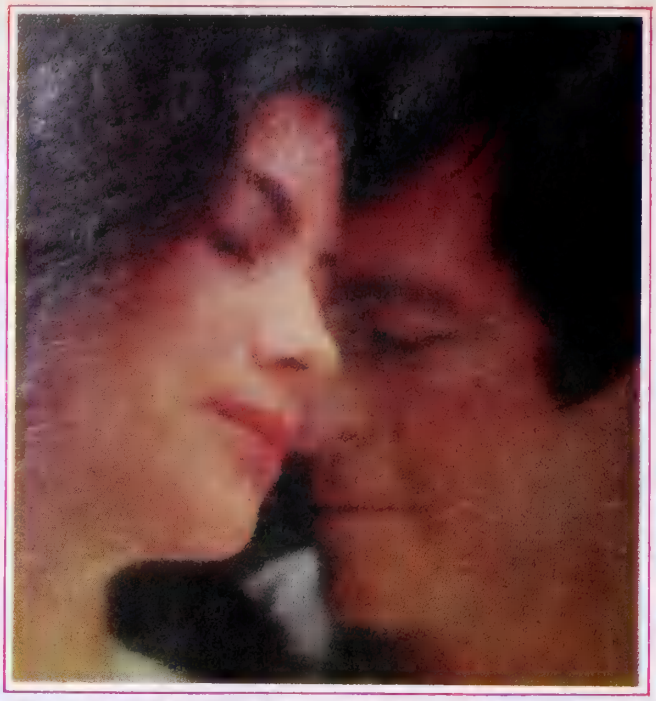
The American female is testing out the possibility of being a woman, a wife, a mother and a careerist one at a time or all at the same time. It's not easy.

Youth is not as mere as it used to be. Some parents, in spite of their children's best efforts, do not live up to their expectations. This leaves their frustrated children asking themselves: "What did we do wrong?"

The total family of man is not doing much better than man's immediate family. The nuclear family and the nuclear bomb seem to have exploded at about the same time.

Next month (Yes—there's more. Look for Part II in February's LHJ) we'll find a lesson in what they're saying about the new moralities that have inherited the earth. **End**





HOW TO HELP YOUR HUSBAND BE A BETTER LOVER

No matter how good things are, there are times when they could be better—closer, more intimate, more loving. But should you tell the man you love *how* to love? By Carol Tavris

You have just had the most exhausting day of your life. One of your children got sent home from school with the flu, another has just informed you that she has an emergency art project due in two days. Your boss has asked politely if you could do some extra work tonight, and you agreed (showing appropriate enthusiasm, of course). Your husband waltzes home in a giddy mood, flowers in one hand and an amorous look in his eye you recognize. The mere thought of sex makes your head weary.

How do you tell him "not tonight" without making him feel "not ever"?

Your husband is a sweetheart, and you are deeply fond of him, but he is not as good a lover as you would like. After several years of marriage, you would enjoy a few changes in his sexual technique.

Do you let him continue making love his way, do you insist on trying things your way, or do you try to maneuver him into your variations of his theme?

In conversations with friends and in the studies of sex researchers and psychologists, I find a consistent pattern: When it comes to sex, few men or women try to get their way by saying outright what they want. They are much more direct in stating what they *don't* want. The spirit of sexual liberation has not made the pain of sexual rejection any easier to bear; nor has it eliminated vulnerability.

This is why the arts of seduction and innuendo continue to flourish. It is also why many men and women have so much trouble understanding one another.

Probably the greatest block to direct discussion about sex is old-fashioned awkwardness. Many women feel uncomfortable talking about sex generally, let alone talking about intimate sexual preferences. It isn't easy to say words like, "This is what I need, Honey, to get aroused." And too many women put the responsibility for their pleasure on the man: "If he loved me," they say, "he'd *know* what to do." "Telling a man what I want," one says, "is too unromantic. It spoils the fun. If he acts on instruction rather than intuition, how can I be sure he really wants to do what I ask?"

Other women worry that they cannot be honest about their sexual desires because their partners could not take the truth. Some fear that their husbands will laugh at them, reject them, or become angry.

As a result of embarrassment, misconceptions and fear, most folks lumber along, hoping to reach a sexual accommodation without having to talk about "it" very often.

But never underestimate the human ability to inveigle. Women who, for one reason or another, have trouble being direct, use indirect—or manipulative—tactics to influence sexual situations in their favor. When, as part of a study on influence and power, I asked 25 women how they "get their way" sexually, I discovered the robust survival of circumlocution and subterfuge.

Consider, for example, the delicate dilemma of she-wants-to-but-he-doesn't. There may be many reasons for his reluctance: simple tiredness; unhappiness or irritation over events at work; occasional desire to be seduced, rather than take the active role of initiating sex; temporary preoccupation with a personal worry; a serious rift in the marriage.

Most of the women say they would try to ease their reluctant husbands into bed with a minimum of talk and a maximum of action. This strategy is often very successful when the husband's lack of sexual initiative is a result of a momentary low mood. "If he's got the office blahs," one woman says, "sex is great therapy. At best, it reinvigorates him. At worst, it distracts him. Either way, I win." But nonverbal strategies may offend or infuriate a man who is chronically worried, depressed, or alienated from the marriage. Unfortunately, women who rely on seduction without conversation risk not *(continued)*

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And when you pour Minute Maid Orange Juice from one of these limited edition juice pitchers you'll be helping the U.S. Olympic Team pour it on.

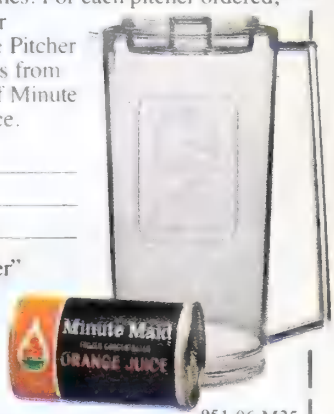
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HELP YOUR HUSBAND BE A BETTER LOVER

continued

knowing the real reasons for a man's lack of sexual interest.

But silent seduction is best, some women argue, because it is easier to accept a wordless rejection than a verbal one. "Besides, caresses can always lead to something more," says one young wife. "If you give him the chance to say no, that refusal can sound so final."

So most don't give him the chance. They lavish praise and attention ("I tell him how terrific he looks"; "I do all his favorite things for him"). Or, they wear the items that most appeal to him. ("When I wear my slinky nightgown instead of flannel pajamas, he knows I'm interested.") Or they try the odds-on favorite strategy—seduction ("I make a great meal, we drink some wine, I massage his back with oil . . ."). A few women consciously use devious strategies: "I always manipulate him into thinking that having sex is his idea. If I tell him outright I'm in the mood, or say, 'Let's hop into bed,' he'll find forty-two excuses to bow out—the dog needs washing, the Venetian blinds need to be dusted."

The tears tactic seems to be as rare today as scented handkerchiefs and smelling salts, but it is by no means extinct:

"I cry only in extreme situations—when nothing else works. Most of the time I use another method. I pretend that it is of little importance to me whether I get my way or not."

When the situation is reversed—he-wants-to-but-she-doesn't—the women magically rediscover the larynx, talking up a storm of excuses that imply no. Several women point out that unless they say no, explicitly, they are likely to provoke an escalating series of efforts. "Unless I threaten to hit him with the clock-radio," says one wife, "he'll keep after me."

False conclusions

This wife obviously learned early what I learned late: Evasive comments or body language permit a man to conclude that you're only playing hard-to-get. I recall with embarrassment how I treated the unwelcome advances of my first boyfriend. I didn't want to tell him to leave me alone, exactly (boyfriends were a precious commodity in those days; one didn't chuck them out carelessly), but neither could I bear for him to touch me. As a futile compromise, I used to flick his hands away as if they were pesky gnats. He buzzed louder. My irritation grew, and I ended up alternately summoning him and dismissing him in the most despicable manner.

This clumsy way of handling the attraction-repulsion conflict lives on. When women can't summon the courage to say no out loud, they let their bodies speak for them—tensing up at a touch, curling up on the far side of the bed, getting a headache (stomachache, cramps, heart palpitations, heat prostration), swatting off advances with annoyance or impatience. One young woman has a rather wise warning about the consequences of getting one's way this way:

"Half the time I don't know what 'my way' is. I'll think I do, though, and if I'm working hard at something and don't want to be distracted, I plot how to extinguish that glint in his eye. The damned unpredictable thing is that once we're in bed, and I can feel that nice length of his body against mine, he 'gets his way' with me after all, and it turns out to be my way, too."

The decision to have sex or not to have sex is relatively simple compared to the next level of problem: how to have *satisfying* sex. If it is difficult for many women to admit that they are amenable to making love, or not at all in the mood, it is even more difficult for them to speak up about their sexual preferences or problems. The women still manage to let their husbands know what it takes to please.

"I hint—I hint like crazy," says a 24-year-old wife. "I talk incessantly about how so-and-so says to try such-and-such until he finally hears me. Or, I drop little hints about a divine little sex trick on page twelve of a sex manual. I hate to nag, but frankly, he pays no attention to me unless I literally *hound* him."

"Bribing him is how I get my way," says another woman. "I promise to go to the Cubs' baseball games with him. It isn't as crass as it sounds. I mean, if the Cubs win, he loves to do *anything* I want."

The difference between "bribing" and affectionate compromise lies in the mind, not the behavior. What one woman might do as a grudging tactic to get something she wants, another might do as a loving gesture of fair exchange. Only one woman I spoke to was cynically manipulative of her husband, an attitude that betrayed her feeling about the male sex:

"[To get my way] I sneak around until he volunteers. For example, if you are lying in bed with your man, you never say directly, 'I'm thirsty.' Instead you ask, 'Aren't you thirsty, dear?' If you plant the idea in his head, he'll go get the water and you won't have to get up. This is the basic way women get their way with men—you make them think it's *their* idea."

Some wives say they don't want their way at all, that it is more blessed to give in than to receive. "I don't really enjoy 'getting my way' with my husband," says one. "If there's something I really want, I'll say so, but if it seems to interfere with his plans or pleasure, I'd mu rather drop it than press the issue."

"My husband often ignores my wish and acts on his own," complains anoth woman. "Sexually, this means that a l of the time we are on separate planet I wish things were more fair, but wh my desires antagonize him, I stop askin for what I want. It stinks, but that what I do."

It is what many women seem to d In the face of opposition, they retrea circumvent, allude. There is, howeve nothing "instinctively feminine" in th behavior. It is what any of us, male female, would do when direct commun cation is blocked, or when we feel it blocked. When a couple has an equ balance of affection and respect, th partners tend to use a minimum of ma nipulation. A 33-year-old wife believe that the shortest distance between wha she wants and what he'll give is a straigh line: "I just come out and ask for wha ever I want," she says. A 24-year-ol newlywed echoes her attitude, with dash of uncertainty:

"I hate to say this, but the way that most effective, and the one that I'm hesitant about using, is the direct ap proach. I say exactly what I mean an tell him just what I want. This usuall turns him on. He loves it when I 'tal dirty.' (To him, that includes anythin about sex.) But I'm really not used t it yet."

I have one friend who strikes me a the perfect combination of candor, self respect and ability to bend. The temp tation is great to be too selfish or to selfless. My friend will not yield on ounce of dignity, but neither does sh demand impossible perfection from he man. She gets her way when she can and doesn't expect to have it all the time

"I do not wheedle, whine, connive double-cross or cheat," she says. "In a disagreement, I try to remain civil, hea his *real* objections to my way and com promise. See, actually getting things 'my way' in bed often isn't that attractive t me, especially if he's unhappy about do ing something he doesn't want to do. I I get my way under those conditions, I don't want it any more."

Only ones that work

The women I interviewed generally believe that the maneuvers they use t get their way sexually are the only ones that work. They know their men well enough, they say, to know how much truth the men can tolerate.

Perhaps they are right, but that is the well-meaning motive that lands many couples in therapy or in fights. Therapists often find that underneath the good intentions of silent strategies ("it's more romantic when he reads my mind"; "he'd be insulted if I told him what I need to reach orgasm") lies a little fear, considerable bashfulness— *(continued)*

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HELP YOUR HUSBAND BE A BETTER LOVER

continued

and often a pinch of hunger for power. Women cannot have it all: We cannot keep our real feelings from our men (whether to protect them or control them) and then accuse them of being insensitive louts for not mind reading.

Last July, the *New England Journal of Medicine* published a study of 100 middle-class "happily married" couples. One third of the men and nearly half of the women reported having sexual problems, but their communication was askew. The wives knew about their husbands' problems (a man can't fake an erection), but they tended to endure their own problems (and pretend to be aroused) quietly. This is no way to have a good sex life: A man can't do what you want unless he knows what that is.

Naturally, no single strategy serves us at all times. On some occasions, seduction works; words would merely muck things up. At other times, elegant simplicity is called for, as in my favorite approach: "Shall we?" And some people, like the newlywed's husband, enjoy a verbal smorgasbord of detailed description. But, undoubtedly, the most varied tactics of all came from this forthright woman. How, I asked, does she get her way in bed?

"Snarling, pouting, grumping, wheedling, sulking, stamping off, shouting, dripping sarcasm, oozing falsely sweet praise, whining, flattering, demanding, crying—and once in a while—and maybe best of all—offering a cheerful, logical, grownup, reasonable statement of what it is I'd really like." **End**

What's Happening

continued from page 18

But if you'll sit back and relax, it comes across as a well directed, calm and satisfying film.

OZ AN OOZE

As I walked into the world premiere of *The Wiz*, a woman in the crowd called out to me: "Tell us if it's a wow or a woe!" Madam, it is a woe. In fact, it is one of the woe-est big budget musicals I have *ever* seen. Almost everything is wrong with this *The Wiz*. (There is also something wrong with a sentence that ends with "this *The Wiz*.") There's so *much* wrong that I've made a little list:

- Sidney Lumet has directed in three speeds: slow, slower and grinding halt.
- Diana Ross is far too old for Dorothy.
- Michael Jackson plays the Scarecrow and he's a disaster.
- Louis Johnson's turgid choreography is clomped by heavy-footed dancers. The production numbers are numbing and go on too long.
- Richard Pryor is wasted as the Wiz. Most of what he says is incomprehensible and the rest is boring.
- There are some jokes that will bewilder everybody who doesn't live in New York and that will be only faintly amusing to those who *do*.

Now for the admirable aspects of *The Wiz*: Nipsey Russell as the Tin Man, Thelma Carpenter as a numbers-racket witch, Tony Walton's occasionally spectacular sets, and Lena Horne, who is present for just one number, but what a present she is! But all of these attributes are wasted, because *The Wiz* has no heart, no feeling, no love, no joy. Oz has been turned into ooze: *The Wiz* is a fizz.

FLUFFY FUN

Who Is Killing the Great Chefs of Europe? serves up Robert Morley rolling his tongue through a sophisticated script about the food-obsessed editor of a London gourmet magazine who lives off the fatheads of the land—a bloated voluptuary who, like Poo-Bah, was born sneering. This arbiter of *haute cuisine* arranges a palatial feast for the Queen of England. He is trying for a knighthood, so his future depends on his repast. To make this Buckingham banquet memorable, he commissions four of the world's great chefs to create their specialties. Among those summoned is Jacqueline Bisset, a dessert chef who arrives *tout de suite*. She meets John Pierre Cassel whose specialty is pigeon. He suggests they spend a night in his love nest. They do. They coo. In the morning we discover his goose has been cooked. Who *is* killing the great chefs of Europe? Although the final solution is a letdown—it's half-baked and hard to swallow—it's a cheerful diversion because scriptwriter Peter Stone has concocted a confection of biting wit and saucy retorts, and Robert Morley is grand—a continental Sheridan Whiteside who *is* the man who came to dinner. Fluffy fun.

UNFORGETTABLE, UNRELENTING

Midnight Express is vivid, brutal, vital—a movie of consequence that may result in important consequences. It's based on the true story of Billy Hayes, the boy from Long Island who was arrested in Turkey for smuggling hash, and who was thrown into a hideous Turkish prison. The film is a kind of *J'Accuse*, and the writers and cast form a kind of group Zola crying out for an end to Turkish depravity and to *all* government depravity everywhere. *Midnight Express* thrusts us into a Turkish prison with all of its malevolence, corruption, betrayal, sadistic officials and psychopathic guards. The officers are as low and loathsome as are the vilest criminals they brutalize. At the center this depraved world is Billy Hayes, riously scratching for survival in an ceptional performance by Brad Da It never lets up, striking us with blow after another. It is not for childr This is a harrowing film, with the m bizarrre love scene I have ever seen moment of love so desperate it is forgettable. *Midnight Express*—a film unrelenting power, fury . . . and ho

SLEEP-INDUCER

The Boys from Brazil are not a rimba band. I wish they *were*. Then least we could have *danced* to movie. As it is, we sit stupefied throu this ponderous plot of Nazis schem to scourge the world with new Hitl based on Ira Levin's novel. Laure Oliver, Gregory Peck, James Mason, Palmer and Anne Meara are wasted the declaimed script and becalmed rection. The movie is so sleep-induc you should need a prescription to see

VACATION TIME

Every once in a while an actor ta off on some screwy tangent that se his public spinning. Jack Nicholso most recent movie is called *Goin' Sou* Much of it is shot in a dark mine there's not much to see. Maybe if have a kerosene lamp fetish it will t you on. I wish Jack had turned the *lig* on. I wish somebody had written *script*. This is supposed to be a come What's funny is that the four men w turned in this script got paid. Ok Jack, vacation's over. Back to work. **E**

GENE SHALIT RE-VIEWS

Animal House is for those who like w college humor. If you do, you'll have a g time.

Bread and Chocolate is much more tha story about Italians laboring in Switzerla —it is all very touching, but above all e it is a truly jubilant comedy.

The Buddy Holly Story stars Gary Bus who gives a brilliantly disciplined perfo ance; a rock picture that cares about characters.

Days of Heaven comes close to being fla less; a film so lean, so precise, so true t it has the tension of a poem.

Death on the Nile just lies there—too sl too long and too dull. Too bad.

The Eyes of Laura Mars is a murder m tery marred by dreary dialogue and a fi resolution that is inane.

Grease is now a movie, a kind of visual ju food that will fill a couple of empty hou if that's your wish.

Heaven Can Wait glows with charm a gaiety. It stars Warren Beatty and Ju Christie. When you leave this film, you'll feeling sky-high.

Interiors is Woody Allen's newest film. a masterpiece; you must see it.

Revenge of the Pink Panther sweeps fr Paris to Hong Kong, all free-form farc some sillies, some dillies and some upro ous gags.

Somebody Killed Her Husband stars Far Fawcett-Majors, who does quite nicely. T bad, then, that the movie is terrible.

A Wedding, from Robert Altman, should annulled.

Two great-tasting secrets the Italians never knew about deep-dish pizza.

Every Italian cook knows that good ingredients make a good deep-dish pizza. But maybe they don't realize that with BISQUICK® and WYLER'S® BOUILLON you can not only make a deep-dish pizza easier, you can also give it a sensational taste the Italians never dreamed of.

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Easy Deep-Dish Pizza (8 servings)

- 3 cups Bisquick® baking mix
- ¾ cup water
- 1 pound lean ground beef
- ½ cup chopped onion
- 2 to 3 teaspoons Wyler's® Beef-Flavor Instant Bouillon or 2 or 3 Beef-Flavor Bouillon Cubes
- 2 cloves garlic, crushed
- 1 can (15 ounces) tomato sauce
- 1 teaspoon dried oregano leaves
- 1 jar (4½ ounces) sliced mushrooms, drained
- ½ cup chopped green pepper
- 2 cups shredded Mozzarella cheese (about 8 ounces)

Heat oven to 425°. Lightly grease jelly roll pan, 15½ x 10½ x 1 inch, or cookie sheet. Mix baking mix and water until soft dough forms. Pat dough in bottom and up sides of pan with well-floured hands. Or roll into rectangle, 13 x 10 inches, and place on cookie sheet; pinch edges of rectangle, forming ¾-inch rim.

Cook and stir ground beef, onion, bouillon and garlic until beef is brown and bouillon is dissolved. Mix tomato sauce and oregano; spread evenly over dough. Spoon beef mixture evenly over sauce. Top with mushrooms, green pepper and cheese. Bake until crust is golden brown, about 20 minutes.

High Altitude Directions (3500 to 6500 feet): Heat oven to 450°. Bake 15 to 20 minutes.



MARY

She's fighting against ratings and the "fearsome forties," but Mary Tyler Moore emerges as a tough, realistic woman who is bound to survive. By Jeff Rovin

Stage 33, the home of the old *Carol Burnett Show* at Television City in Hollywood, is dressed to resemble a department store. Through this comic book caricature of reality technicians scurry and supporting players pace, thoughtfully mouthing their lines.

Mary Tyler Moore emerges from her dressing room, attended by a flock of wardrobe and makeup people. She is dressed in jeans and a tangerine blouse, the tails of which are knotted about her impossibly thin waist. Mary is an attractive woman with a neon smile and an electric presence. But up close, she looks older than her 41 years.

Joking with the cast and crew, Mary Tyler Moore is obviously at ease with herself and her surroundings.

Despite her considerable clout as a superstar, Mary's one-woman television special drew mixed notices and her current variety show got off to a rocky start—after foundering in a sea of ratings it was pulled off the air to be reshot. (The new one hour variety show will be aired in early 1979.) But high on her list of real-life qualities is application, the ability to give what she's working on her best, and then have the courage to move on if it's not right.

She never takes excellence for granted, especially in herself. She says that she wants critical praise, describing it as "important," particularly from the creative people around her, yet she is "hardly ever" satisfied with her own work.

"There's not a lot of time to sit around and mope about what's already on tape," she says with characteristic optimism. "The whole idea of being professional is to be able to put things into perspective."

And Mary pursues this professionalism with a vigor so rare in Hollywood that she once feared being thought of as a fanatic. She is still concerned that the image prevails.

"Well, from the people I talk to, personally, it must. People are always saying to me, 'God, you're so disciplined. You take ballet classes even when you have a week off, and you hardly ever eat bad things!' So I sometimes think of myself as being an unusually disciplined person. Of course, there's a little part of me who wants to say, 'Wait a minute! I can be just as wild and crazy as the rest of you guys!'

"I guess I've always had a good outlook on my work and life in general, because I never tried to commit suicide; I never became an alcoholic; I never got into drugs and all those things that people who are intrinsically unhappy eventually go to." In an industry teeming with conceit, she is refreshingly modest. "I am devoid of ego to the extent that I recognize the importance of strength around me, the strength of my fellow performers. I'm comfortable with that. The widest range of my aspirations encompasses only the years that it is possible for a show to stay on the air." *(continued)*



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The sooner you know if you're pregnant, the sooner you can begin to take proper care of yourself. Acu-Test. Clinically tested. At your drugstore now.



MARY

continued

That range, however, once so seemingly limitless as Mary reigned as the naive but courageous heroine of the *Dick Van Dyke Show* and the *Mary Tyler Moore Show*, may be narrowing. She is struggling to keep her variety show alive and to find a newer, extended persona for herself after she dramatically cancelled the Mary Richards show more than a year ago. (Mary's sleek new hairstyle is part of the metamorphosis. It was chosen to free her from her innocent Mary Richards image.)

This is the Mary who is more like the rest of us than she may be willing to let on. Beyond her confident, easy front is a woman who is volatile, fallible, vulnerable and refreshingly human. She is a woman who, contrary to popular mythology, does read cue cards during a taping and whose sound track is sweetened with laughs from time to time.

Even her husband of 16 years, producer Grant Tinker, admits there is more to Mary than the polished professional her public knows.

"It sometimes surprises me that this lady, who happens to be my wife, is just like the lady next door when she leaves the house," Grant says. "Yet the lady who arrives at Television City and gets on stage is something else again."

That depth and dimension in Mary came the hard way. Her first marriage, to Richard Meeker, ended in divorce after seven years and her marriage to Grant was more than a touch wobbly when they separated briefly in 1973.

Then, last year, Mary endured one of the most wrenching experiences of her life, something she rarely discusses in public: the drug-related death of her 21-year-old sister, Elizabeth. It was particularly upsetting to Mary because of the wide speculation that Elizabeth's death was suicide.

"Elizabeth was one of the finest young women I have ever known. She was disciplined, she was responsible, she was creative, she was a good student. As well as attending college, she was also holding down a job in the news department of a television station. She was the straightest, cleanest, most wonderful kid who ever existed. Elizabeth, to the best of our knowledge, was very much in love with a young man that she had been dating for three or four years, and he wanted to end the relationship. It got to be very painful for her. And she was sedating herself.

"The autopsy said that she died as a result of having ingested twenty to twenty-five Darvon, which in and of themselves are not calculated to kill you. And they still haven't found out what it was in her system that reacted the way it did to kill her. She didn't commit suicide. She was just stupidly doing the kind of thing that any of us with a broken heart might have done by mistake."

This Mary, the big sister who poignantly eulogizes young Elizabeth, is a sensitive, sometimes fragile woman with a solid system of convictions. For example, Mary will not accept the use of hard drugs.

"I am privately critical of anybody who hurts themselves. People who use drugs are not facing the reality of their problems, or of their lives in general. And that's sad." But Mary is permissive about marijuana, although she knows it is often used by people her sister's age as a stepping-stone to more lethal drugs.

"Everything in moderation, right? I have smoked marijuana and I find it no more dangerous than the martini that Grant and I have every night before dinner. (As a diabetic, Mary probably knows that marijuana can mask the symptoms of high or low blood sugar levels and change her appetite patterns, which makes control of her diabetes difficult.) So I would like to see that law loosened." Grant agrees. He has smoked pot, he says, and "had it been around a few years earlier, it might have caught my fancy ahead of booze. And maybe I'd be healthier for it. But marijuana is almost a little too much trouble for me. It's the same reason I don't smoke a pipe. All the nonsense of filling it and so on is just too much trouble."

It doesn't bother either Mary or Grant "a bit" that many of their co-workers smoke marijuana regularly. "I would feel very sad for those people," says Mary, "if their private lives were just a bombed-out existence. Because that's not living, that's just floating. If it began to affect their work, then I would be angry and I would not accept it."

No-pressure weekends

If the Tinker household ever smelled of pot, it was probably on the weekends. That's the only time Mary relaxes her regimen of dancing and singing lessons, rehearsals and taping. It's time she spends with Grant at their beach house, where they "kick off our shoes and don't do a hell of a lot of anything except hug each other and smile," Mary says. "He reads his scripts and I study my script for the next week. We have no pressures. We have just the pleasure of looking out at the water and laughing at those dumb, goony birds who fly along so gracefully and then curl up and nosedive into the water. We walk along the beach; sometimes we watch television. We're building a tennis court, so that will be our new kind of weekend activity starting in February, and we're looking forward to that."

Mary also spends time reading—"I generally go to the best-seller list"—limiting her TV viewing to "news and informational programs. I don't think that a lot of what is on television now is very praiseworthy. It's just dumb. There is not the articulate, witty comedy such as our old show represented," she observes, loyally. "There's *M*A*S*H*—but mostly it's young, pretty things involved sexually." She adds, somewhat ruefully, "People just want to turn on the TV and kind of stare at it. They don't want to have to think."

Because Mary cherishes her private time, she finds it difficult to support public issues more fully, although offscreen she has spoken out against cruelty to animals, visits hospitals and tries to help young diabetics adjust to the disease with which she is afflicted. (On screen, she recently starred in *First, You Cry*, a TV movie she hoped would help women deal with breast cancer and mastectomy.)

"My home life is very important to me," she says, "and were I to give up my weekends to espouse a cause, I would be neglecting what I think should be a primary cause with all of us, and that's the nurturing, care and feeding of a happy marriage."

But it's a choice that leaves Mary uncomfortable.

"It's something I should do. God, there are so many things I should do, but there's only so much time. I might upset the balance of things if I were to push too hard," she adds, revealing her underlying sense of order and priority.

None of which is to imply that Mary feels it's wrong for celebrities to align themselves with causes. "I think celebrities have every bit as much right to speak out as non-celebrities. The celebrity will get your attention, but he or she won't change your mind—unless that celebrity is very well-spoken and has done his or her homework. Look at the ERA and the tough time that's having. It's had many celebrity spokespersons and it's not really moving and shaking a hell of a lot of people, is it?"

Sitting in her mirrored, windowless, but well-lighted dressing room, Mary is most impassioned in her defense of her right to a private life. She rarely discusses domestic matters with the press, fearful of giving away so much of herself that the public and personal Mary Tyler Moore may meld into a confused blur. Since the public Mary is very forthright and open, I ask if her secrecy is emblematic of insecurity.

"I suppose some of that is part insecurity. Another part of it is maturity," she answers. "There are people who are so immature and so insecure that they have to spill everything. They use the public as analysts. I think they share too much. I don't feel I owe anything to the public but my performance. My private life is my private life and to the best of my ability I will keep it so.

"Not because I have anything to hide, but because I don't choose to share it. I don't turn my back on the desperate aspects of our lives and society. On the other hand, I don't lose sleep over it, either. I live my life. I'm only going to be here for a short time. I have a right and an obligation to enjoy my life and to spread some of that joy around, too."

For Mary, "to spread some of that joy around" means to sing or dance or make people laugh. But she is the first to endorse the philosophy that no one can be all things to all people. And in trying to juggle the many demands on her time, she has been forced to favor certain responsibilities over others, and she has had to make personal sacrifices at some emotional cost to herself and others. Although they both try to be good parents—Mary has a 22-year-old son, Richard, a trainee bank executive who lives with Dad Meeker, and Grant has four children from a previous marriage—Grant hints that they should have spent a little more time with the children. "Mary and I, like most parents probably, feel that we both could have done a better job bringing up the kids," he says. "Not that we chained them in the cellar and beat them every day—nothing really horrible."

Grant is the head of MTM Enterprises, which not only produces the *Mary* show, but *Rhoda* and many other hits past and present. And although she is the titular chairperson of the board of the company that bears her initials, Mary knows next to nothing about the business. "I don't pay much attention to it at all. I can't tell you the number of times we will be at a party and I will have to tug at Grant's sleeve after the person we've been talking to walks away, and say, 'Who is that?' " According to Grant, it's not that Mary runs from the challenge of MTM. "I think that what interests her is something she knows she's going to do herself, though she would have a very high batting average if she were in the area of producing and making judgments about material."

Instinct controls destiny

Undoubtedly, Grant is right: for Mary Tyler Moore, knowing what is good for her, at least professionally, is an instinct, as she calls it, that seems to control her destiny. And in her case, it is more than a raw nerve of survival. Whatever she does, even if it's imperfect, she does with panache and a dose of true grit.

To some, this quality is not entirely palatable. A story has it that, in the pre-*Dick Van Dyke Show* days, Mary had guest-starred in a series whose star and crew viewed her as a phony. They believed that she was a self-interested manipulator.

We are sitting on the dressing room sofa, Mary hunched forward eating a hard-cooked egg, with me munching on a salad, when I mention the allegation. The statement takes Mary by surprise and, for the first and only time during the visit, she appears uncomfortable. When she speaks, her usually even voice is tinged with caution. She lights a cigarette, one of the full pack a day that she smokes.



Never schemed

"I've never schemed. It's not a part of my nature at all. Ambitious? Yes. But I will look you straight in the face and say, 'Give me concrete evidence of any so-called scheming I've ever done.' " She shakes her head and takes a bite of egg. Thinking about the comment, she shades from denial to defense. "You know, men who care a lot about their work are respected. Women who care a lot about their work are the objects of suspicion and they are sometimes called schemers . . . ambitious. And the word ambitious now takes on negative connotations because it is used about a woman."

She swallows a draught of diet soda, accidentally dribbling some on her lap. We chuckle about it, breaking the tension that has settled upon the room. I move on to another subject—but Mary, anxious to obliterate the unflattering pronouncement, returns to it.

"I'll tell you what. When I was a chorus dancer, I was always hanging around the producer, director and choreographer and in my own subtle, even then lady-like way, saying, 'Hey, if you're looking for somebody, I could probably do it.' A lot of other dancers were bored, cynical and blasé about what they did and couldn't care less. And they gave me a hard time about that."

I explain that it wasn't a dancer who made the statement, and Mary falls to reflection. "That's really funny . . ." she murmurs. Then, as she's nibbling on the egg, it slips from her hand and bounces around the floor. There ensues general laughter and she slides into her secure Mary Richards character. "I'm usually *so* good at eating," she gushes. "I really am. I mean, you take me to a restaurant and heads turn. They say, 'Look at how nice she eats!' "

The public Mary is back in control—charming and confident—and within moments the past, if not forgotten, is pushed back where it belongs. The present, for Mary, is exciting and has the satisfaction of a battle well fought—and the future, although by no means certain, has the hazy glow of potential.

Because so much comes from her intense inner drive and conviction, Mary is not haunted by past ghosts nor does she actually require that critical support she says she likes.

And, as Mary regains control, the rift between her public image and her private self seems to shrink. **End**

Mothering

Teaching Kids to Be Kind in a Tough World

Geraldine Carro



Are we afraid to teach our children to be kind?

Unconsciously, many of us are, says psychologist Ervin Staub, Ph.D. We may admire kindness, helpfulness and sensitivity in others, but we worry when we observe these gentle qualities in our kids. After all, in today's tough world no one wants to raise a patsy.

For this reason, we may *say* we disapprove of aggressive or competitive behavior, while secretly we're often relieved to see it surface in our children. Isn't toughness what it takes to survive in these hard-nosed times? Isn't kindness a sign of weakness?

Generally not, says Staub, a professor at the University of Massachusetts. Kindness usually stems from psychological strength rather than weakness. The class bully is probably covering up for a lack of self-confidence. The generous child tends to be surer of himself. "When a child likes himself," says Staub, "then he is free to feel closer to other people."

What's more, nice kids have an easier time in life. Tough kids make life harder for themselves.

Youngsters, it seems, get from other children what they give. Observing children in their classrooms, Staub discovered that the youngsters who behaved negatively with their classmates received negative treatment in return. Those who behaved in a positive way evoked positive responses. In short, kindness pays off. "Some people are naturally kind," says Staub, "but most of us have to be taught." How we teach kindness is a complex process—one in which love seems to be the basic prerequisite. A loving home environment builds the self-confidence that influences a child's generosity. Loved children also are more apt to adopt their parents' values. They are more apt, in fact, to learn whatever it is we try to teach them.

But love alone isn't enough. Along with hugs and kisses, children need a firm parental hand. Love plus discipline, says Staub, is the combination that produces kinder kids.

He cites studies of four-year-olds to prove just that point. Researchers studying why some nursery school youngsters were kinder than others decided to see if their parents' child-rearing philosophy made a difference. It did. The most caring children came from loving but relatively authoritarian homes. The most selfish, ungiving youngsters came from permissive homes.

"Love without control breeds license," Staub concludes. But while he's all for laying down the law, he believes in doing so gently. Parents who constantly resort to yelling or spanking may end up with youngsters who deal with others in a similar angry way. Firm but mild discipline is a more effective means for parents to get their message across.

He gives an example: Say your five-year-old stubbornly refuses to share toys with his younger sister. You try reasoning with him, but to no avail. You can, of course, spank him, and he'll probably turn over his toys. But instead of seeing generosity as an act of kindness, he may associate it with fear.

Rather than spank the child, Staub would take a gentler tack such as sending the child to his room. When the youngster is ready to come out and share, he can pride himself on his generosity. (A little parental praise at this point can reinforce the feeling.) "If a child thinks of himself as generous," Staub says, "he's more likely to be so."

Young children are notoriously selfish. But not, perhaps, as much as we think, says Staub. A two-year-old, for example, will sometimes share a security blanket with a friend. And a three-year-old, sensing that a new child feels lonely, may invite the newcomer to play. By preschool age, children begin to put themselves in someone else's shoes.

By letting children know when they've hurt someone's feelings, parents promote sensitivity. Say, for instance, that your young daughter points and says, "Look, Ma, that lady has crutches." So as not to embarrass the woman further, you might wait until you're home to comment. You might then explain that calling attention to a woman's handicap could cause her to feel unhappy.

Concrete situations like this, says Staub, provide ideal teaching opportunities. Abstract talk about being nice isn't as effective. Kids tune out lectures.

Kindness takes practice—and lessons in kindness should begin at home. Encourage your child, says Staub, to help a younger brother or sister. A six-year-old can take a toddler to the bathroom or tie the baby's shoes. (Studies prove this works. Older children usually are kinder than younger siblings, precisely because they've had more opportunity to be helpful.) Even looking after a pet teaches a child to be caring.

Is there a danger of going overboard? If we teach too much kindness, will our children become victims?

Don't worry, says Staub. "Youngsters with healthy self-images know that they have legitimate rights and needs. Self-confident children will know how to weigh their needs against those of others."

End

Photograph by Freelance Photographers' Guild



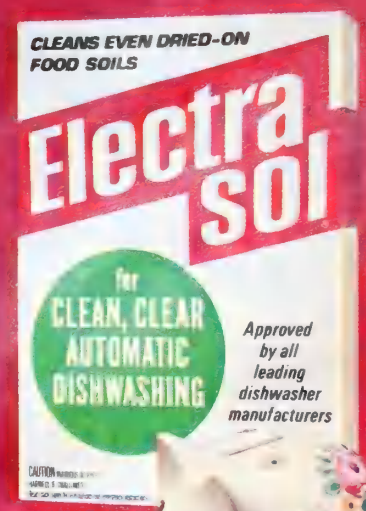
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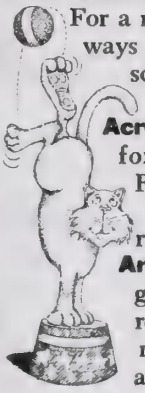
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What Should You Call Your Pet?

A DICTIONARY OF NAMES FROM A TO Z

Wondering what to name that new kitten or puppy? Have an older pet who needs a middle name? At last, relief: over 50 lively, lovable names for pets of every size, shape, color and character. From *The Pet Name Book* by Sue Browder.

Alibi Literally "in another place." For a mischievous pet who always manages to leave the scene of the crime before you arrive.



Acrobat A pet who performs gymnastic feats. From Greek *akrobates,* which means "a tightrope walker."

Arrow From Middle English *arewe* meaning "arrow-like one." A pet who moves as fast and straight as an arrow in flight.

Bangles From Hindu *bangri,* meaning "a bracelet or anklet" and has the contemporary meaning "bright and showy."



Bear From Old English *brun,* "brown-haired one."

Biscuit From Middle English *bisquite,* "twice-cooked bread." For a pet the golden-brown color of a freshly baked biscuit.

Bounce Name of a Great Dane who belonged to English poet Alexander Pope. In Pope's day, the name had the meaning "one who makes a loud noise." Today the name means "lively, bouncy one."

Cinders From Middle English *cinder* and means "ashy one." A pet the purplish-gray color of ashes.

Cinnamon From Latin *cinnamomum* meaning "the cinnamon spice" or "reddish-brown haired one."

Crumpet From Middle English *crompid,* literally "a curled-up cake." Pet names often come from small or sweet foods. Similar names are *Muffin* and *Cookie.*

Daffodil This flower name comes from Middle French *afrodill,* "the yellow daffodil blossom."

Ditto From Italian *ditto,* "has been said (before)." For a copycat pet.

Dumpling Originally meant "a little lump" and has the connotation of "short and fat" or "precious and darling." This name has been bestowed on many pets, including a beagle owned by President Lyndon Johnson.



Ember From Middle English *eymere* and means "fiery one." Good name for any lively, feisty pet, especially a cat whose eyes glow in the dark like two burning coals.

Einstein For an extraordinarily intelligent pet.

Fidget Popular name for a restless, impatient pet.

Freebie A pet you didn't pay for.

Galahad The purest knight of the Round Table in Arthurian legend. For any noble pet, especially a white one.



Grits Name of Amy Carter's dog. From Middle English *gryt,* meaning "bran or chaff" and has connotation of "courageous and plucky."

Gusto An enthusiastic pet who's full of vitality.



Hemingway A literary pet named after Ernest Hemingway. The name means "road belonging to the well-dressed one."

Hoopla From French *houp-la!* and means "a gay or rowdy commotion." For a feisty pet.

I.Q. An intelligent pet.

Itsy Bitsy Probably from baby talk for "little bit." Usually bestowed on a tiny pet but sometimes used ironically for a large one.

Jangles From Middle English *jangle* and means "one who babbles or chatters."

Jigsaw "Like pieces of a jigsaw puzzle." For a pet who never seems to get his act together.

Kismet "Fate" or "destiny." From Turkish *kismet,* literally "one's portion or lot."

Kit-Cat A member of an early 18th century literary and political club.



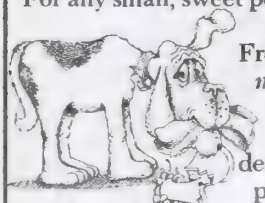
The club was named after Christopher Catling (nicknamed Kit Cat), the keeper of the tavern where the club met. A cat of this name was reported to have traveled 525 miles from Lake Tahoe to his home in Long Beach, California.

Longfellow Literally, "tall fellow." A pet named after the American poet Henry Wadsworth Longfellow.

Lulu This Swahili name means "a pearl."

Macaroon From Italian dialect *maccarone,* "a dumpling or small cake." For any small, sweet pet.

Mischief From Old French *meschief,* "a calamity." A pet who's an accident looking for a place to happen.



Mishmash "A disorderly mixture" or "a hodgepodge." Name for a mongrel or mutt.

Noodles From German *nudel* ("noodle-like one") or Middle English *nodle* ("a ninny or a simpleton").

Nugget "Like a gold nugget." For a precious or golden-haired pet.

Opal From Sanskrit *upala,* meaning "a jewel."

Oscar The green, furry grouch who lives in a garbage can on the children's TV show *Sesame Street.* For any pet who tends to be a bit grumpy and likes dirt.

Patches This favorite is often given to a spotted pet. *(continued)*

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Illustrations by Kevin Callahan.

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Pet Journal

continued

Pickles From Middle English *pekil* ("a salty solution") or *pikelen* ("to pic a little"). For a mischievous pet whc always getting into a predicament.
Puff From Middle English *puffe* an means "puff-like one." For a furry pet.

Quirky "One with peculiar manne isms." An odd, eccentric little pet.

Ritz This name was taken from the spifl Ritz hotels. For an ultra-fashionable p who likes to "put on the dog."
Ruffles From Middle English *ruffele* and means "disturbing, vexing one." rambunctious pet.
Rumples From Middle Low Germa *rumpel*, meaning "to rumple," or fro Dutch *rompelen*, meaning "to wrinkle

Scamp "A rascal." From obsolete E glish *scamp*, meaning "to roam abou idly." Name of a mutt in the comic stri called *Scamp*.
Smudges Popular name for a pet cov ered with splotches or streaks or a p who enjoys getting dirty.
Sneakers Popular name for a pet wh has white paws that resemble sneaker
Sweetums The huge, hairy monster o the TV show *The Muppet Show*. Fc any huge, ugly but lovable pet.

Tassel A small pet or a pet whose fu hangs like fringe or a tassel.
Tinker Bell After the little fairy i *Peter Pan*. For any tiny, delicate pet.
T.N.T. Abbreviation for "trinitroto uene," otherwise known as "dynamite. A blustering, explosive pet.

Ulysses Ulysses is the hero of Homer *Odyssey*. For any adventurous pet wh likes to travel.

Velvet This popular pet name come from Latin *villus* and literally mean "shaggy-haired one." For a pet who is a soft as velvet.
V.I.P. Stands for Very Important Pe Sometimes shortened to *Vip*.

Waffles From Old German *waba*, mean ing "honeycomb." A pet the rich golde brown of a waffle.
Willow This nature name comes fro Middle English *wilghe*, meaning "th willow tree." A slender, delicate, suppl pet.

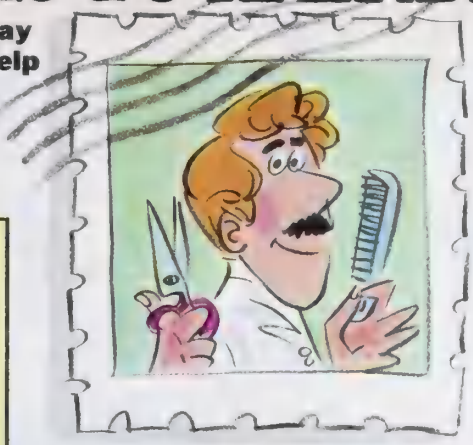
Xerox A pet who's an exact duplicate o another pet in the family or who is copycat.

Your Majesty Name for a pet wh rules the house with an iron paw.
Yoyo For a pet who can't sit still.

Zinnia For a fragile, flower-like pet.
Zippy This name means "full of zip" o "snappy one." **En**

LETTERS TO HAIRDRESSERS

What women write and say the men and women who help to make and keep them eautiful. Edited by Bill Adler



lere, from a forthcoming book, re letters women have sent to hose friends, confidantes and go-builders known as hairdress-rs. Want to get into the act— nd the book? Send a short note, irected to your own hairdresser, o HAIR BOOK, Ladies' Home ournal, 641 Lexington Avenue, I.Y. 10022. All letters become ur property and cannot be eturned. Illustrations by Norman Dougherty

ear Miss Long:

My daughter and I would ike a mother-daughter look like hairdo.

I am 35 and my daughter s 2.

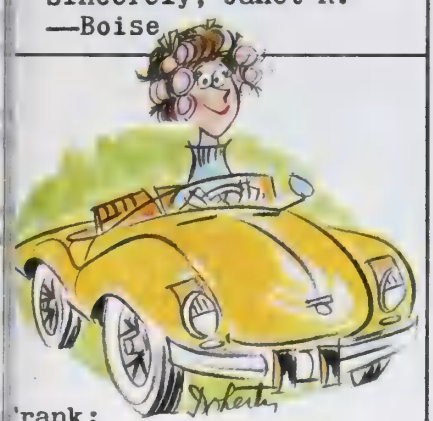
Very truly, Mrs. Helen J.
—Atlanta

ear John Pierre:

I am five feet, 1 inch all and I weigh 230 pounds.

Is there a haircut that ill give me a thin look?

Sincerely, Janet R.
—Boise



rank:

Are you married? Are you nterested in women? Do you ike good cooking? Would rou enjoy the use of a for-eign sports car?

My next appointment is Wednesday at 11 a.m. If you are anxious to hear more, hand me a pink roller. If rou aren't, just give me a blue roller. That will save us both embarrassment.

Fondly, Jeanne R.
—Phoenix

Sonya:

You were so right about turning blonde.

It worked. Oh, boy, did it work!

M. F. Kling—Santa Fe



Mario:

I adore my new pouff. Sometime, after hours, may I bring Mignon in for a similar cut? She's used to the blow-dryer and she'll stand up on her hind legs so you can tease her tail, too.

Martha A.—Sacramento

Dear Mr. Marcus:

Is it possible to get a hairdo that I could change before breakfast, before lunch, before dinner and early in the evening before I go to bed?

I'm going on my honeymoon next week and I want to surprise my husband.

Best wishes, Marlene S.
—Richmond



Henry:

I've finally persuaded my daughter to do something with her hair while she's home from school on vacation. Don't give her a frizzy perm: her father thinks the curly look is cheap. Don't style her with bangs: they make her nose look big. Don't do any streaking if it's over $25. Mostly, we'd like her to look more ladylike. AND BURN THIS LETTER.

Best regards, Ann P.
—Southampton

Dear Andre:

Thank you for making me a beautiful woman again.

Everything is great now between my husband and me.

He loves the new way I look.

He says I remind him of his mother.

Gratefully,
Mrs. Victoria W.
—Dallas



Dear Helen:

I've been coming to Helen's Coiffures for years, and I'm distressed that you saw fit to go Unisex. I never thought I'd have my hair done with a man in the next chair. That man seemed familiar to me, by the way. Would you check and let me know his name and phone number?

Cornelia G.—Seattle

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From LETTERS TO HAIRDRESSERS, to be published by Bill Adler Books, Inc.

Psychiatrist's Notebook

Theodore Isaac Rubin, M.D.

How lasting or real is "love at first sight"? Why are some teen-agers such "snobs"? Does the food you eat affect your moods?

Do you believe in love at first sight?
I believe that many people are in love with love. And I believe that instant chemistry between people does exist, and so does instant infatuation. But I also believe that deep and loving relationships take time to build and require a great deal of mutual emotional investment.

Many people are vulnerable to "falling in love" at first sight, because of their great need and eagerness to be in love. These are the people who are in love with love. They usually have a fantasy of an ideal person, and they easily project this image to any person who resembles this prototype in any way.

Even though it is true that chemistry or physical attraction between two people is often immediate, this aspect of love is only a beginning. It must not be confused with the entire complex process of building a relationship. Instant infatuation or worship of one's own projected fantasy develops only occasionally into a sustained love relationship; disappointment usually follows exaggerated romantic expectations.

Sustained love is not instant; it is a long-term process, because it takes considerable time for people to get to know each other. It also takes time for people to share common experience and to share mutual growth and change.

More than anything, it takes time for people to learn to care about each other. And I believe that mutual caring or emotional investment in each other is what mature love is all about.

I have a skin condition. I'm being treated by a dermatologist who was very highly recommended to me. He has helped me somewhat, but the condition still persists. I don't question his medical treatment, but he is always brusque and patronizing to me and I feel demeaned after I leave his office. I'd like to see another doctor but my husband says I don't have to like this man, I just have to be treated by him. I'm not sure I agree. Do you think I'm wrong?
I feel that how you relate to a doctor and how a doctor relates to you is very important. This is especially true of people who suffer from skin disorders. Their emotional difficulties often complicate their condition. It may be a good idea if you can have it out with your doctor and clear the air. But if you can't, I feel it would be wise to change doctors. No specialist is indispensable and there is no reason for you to feel demeaned. Too many patients become much too dependent on particular doctors, and mistakenly feel that change will bring disaster. A patient/doctor relationship is very important and, like other relationships, can be complicated and either destructive or constructive. It is most important to terminate destructive relationships in order to initiate constructive ones that help the healing process. Surely there must be other competent specialists who can treat you properly and kindly.

I have a friend who believes that eating different kinds of food affects your mood, your feelings and your mental health. She believes, for example, that eating a lot of beef makes you more aggressive and eating vegetables makes you more peaceful. What do you think?
To date I know of no studies that validate your friend's theories. Neither do my own experiences give credence to these beliefs. I do believe, however, that good nourishment is important to general well-being, and this includes emotional health. Poor nourishment and foods that a person may be allergic to or may not be able to digest can create emotional problems.

My teen-age son seems to be quite a snob. He is very critical of friends and isn't interested in anyone who isn't very bright, capable, ambitious. What makes him this way? My husband and I are not at all like that.
The name of this game is insecurity, low self-esteem and self-rejection. People cover these feelings up by making demands on other people. They become "snobs" in an effort to identify with others' assets and, thereby, establish their own sense of adequacy.

This kind of snobbism is no different in adults. In both younger and older people intense shyness is often camouflaged by a seeming lack of interest in other people. People are seen, for one spurious reason or another, as lacking qualities necessary for friendship. When basic insecurities are realistically dealt with, many of these so-called "snobs" begin to see people they formerly rejected as interesting and acceptable. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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A WHOLE NEW LIFE

It was the day after Labor Day, and the playground was hot. The children, glued with sandbox sand, journeying stickily down the slide, leaving small, wet hand prints on the jungle gym, seemed not to notice. But the mothers eyed their watches, and longed for the afternoon to pass.

"Not that it'll be much better inside," one of the younger mothers said. "Cooler, maybe, but not better." She sighed. "I've got to watch her every minute inside. She gets into everything. I know it's only a stage, but it doesn't ever seem to end."

"It will end," Nina said. "Believe me."

"Prissy, no!" The other woman called to a fat two-year-old in the sandbox. "Shovels are for digging, not for putting in your mouth." She sighed again. "You can talk, Nina. Tomorrow you'll be through with all this."

Tomorrow, Nina thought. She was almost afraid to believe it. Suppose something happened. Suppose Dr. Partridge called to say he had decided he needed someone more experienced. Suppose Richie got sick. Or fell off the jungle gym and was injured . . .

She had to stop herself from calling to him to come down. She was just a little frightened, that's all. Of course he would not fall. He would not get sick, either. He was an agile child, strong and wiry like Steve.

"Hey!" she heard him proclaim to another little boy. "You know what? I'm going to school tomorrow."

"So what?"

"That's what."

Right, Richie. You tell em, Nina thought. *And I'm going to work tomorrow. I'm going to start a whole new life tomorrow.* Because there was even less chance that Dr. Partridge would call it all off than that Richie would fall or get sick. She was exactly right for a young doctor just starting in practice for himself. He could not yet afford a full-time assistant. He could only afford Nina because she had finished her paramedical training so long ago, before Richie was born, that she would have to brush up before she could demand more money. It was an ideal arrangement for both of them . . .

Theoretically ideal, anyway. She had never actually had a job; never had a chance to use that long-ago training. The thought skimmed her mind that she might be no good at it, even after she had brushed up. But at once she gave her head a little shake, as though a mosquito had buzzed in her ear, and gave her attention to Richie.

"Mommy, listen," he said. "Is it almost tomorrow?"

He had come from the jungle gym and was standing against her knees, looking up into her face. There was something stern about him that always made her want to laugh. People said they looked alike, but she thought it was only because they had the same dark coloring, the same large eyes. Otherwise, he was Steve all over again, his small face alert and serious, his soft chin already firming up.

"It has to get dark first," she told him patiently, as she had been telling him every hour or so since morning. "You have to have supper and go to bed first. When you wake up, it will be tomorrow."

"Oh." He gave a great sigh. "That's a long time."

Nina tried to hug him, but he squirmed away and ran off to clamber up the ladder to the top of the slide. *(continued)*

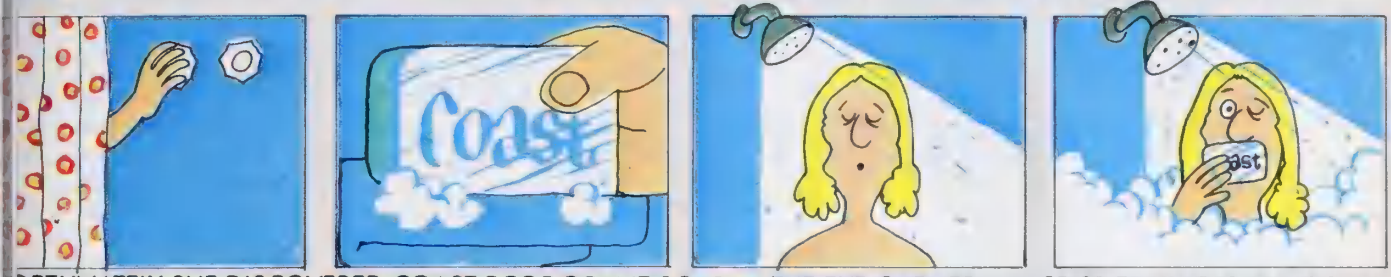


New beginnings are exciting—and sometimes a little scary. A story of shared feelings. By Gertrude Schweitzer

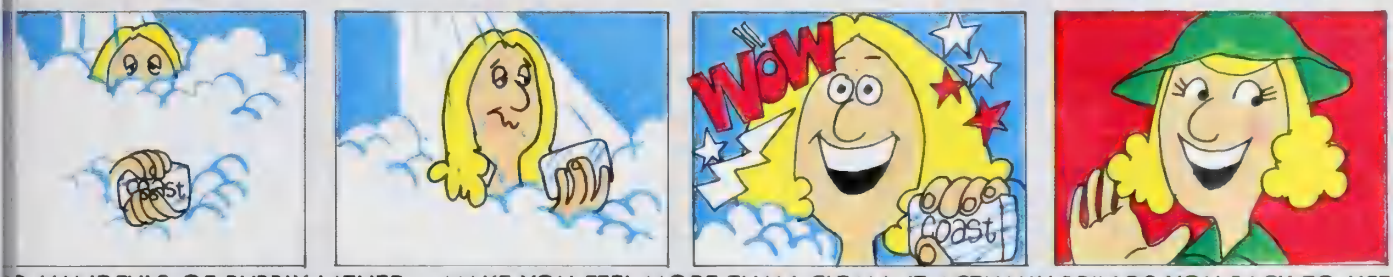
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A WHOLE NEW LIFE

continued

"He's not very affectionate, is he one of the other mothers said.

Nina just smiled. *He's independe* she could have responded smugly this woman whose own child hu around her neck like a perpetual muffl *We're an independent family.*

Could have said, but did not. She h always detested that kind of petty riv ry among mothers. Tomorrow she wou be away from it for good. She would in a different world; a professional wo an, or the next thing to it, helping care for the sick, earning a salary.

"I don't think I'd want to go to wo the very first day," the young wom with the little fat girl in the sandb said to her. "I'd want to be alone f awhile first. Just alone in the hous without even having to listen for t baby to wake up from her nap."

"I know what you mean," Nina sai

Since Richie's birth, certainly, sh had almost never been alone. He ha not even napped after his 16th mont Not Richie, who had fought sleep sin infancy for fear of missing somethin and could climb out of his crib almo as soon as he could stand. He ha learned to play well by himself, but st he was always there. She was alwa within his reach.

"Richie and I are going steady," sh had said to Steve once, making hi laugh. But he was too aware not to kno that it was not altogether funny.

"I'll take him to the zoo Sunday," h had said, and then given her the ha smile that still made her heart lurch. guess that's pretty lame, isn't it? A cou ple of hours out of the week."

"The trouble is," she had said, "I lik the zoo myself. Never mind." She ha kissed his flat cheek. "Before we kno it, he'll be in school, and I'll be able t do whatever I want."

It had not seemed before-we-know it then. It had seemed forever. Now looking back, Nina scarcely knew wher the time had gone. Now, suddenly, to morrow was almost here.

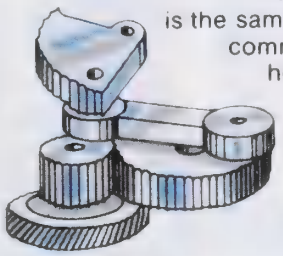
"But the doctor wanted me righ away," she told the young woman wh was doubtful about her going to wor the very first day. "And to tell the truth I can hardly wait to get started. I've pu it off so long, you see, because of Richie.

Besides, we can use the money, sh did not say to the other woman. No that they were poor. Steve worked fo the telephone company and got regula raises. But whatever he made, it wa never enough so they didn't have t juggle the bills and do without thing they wanted. They couldn't even afford Mrs. Sweet, the babysitter, except once

(continued on page 98)

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And get the JCPenney edge. Reliability.

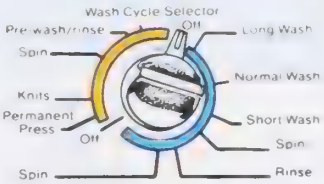


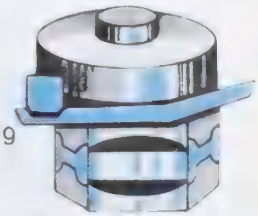
Heavy-duty transmission is the same as those used in some commercial machines where heavy loads and constant use are normal.



The constant speed dual-purpose pump with turbine action minimizes clogging and drains the water fast. All parts are non-corrosive for years of trouble free use.

Clutch system works in combination with the constant-speed motor to provide two agitation and spin speeds without slowing filtering action or reducing pump out rate.

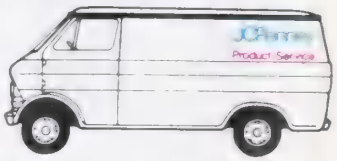




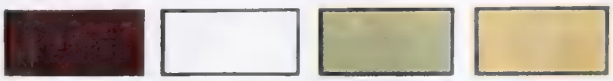
The timer is designed for years of dependable use. If something should go wrong it's repairable right in your home.

The JCPenney Mark of Quality is more than just a symbol. It means the critical components of this laundry pair have been factory tested by electronic equipment, to meet rigid JCPenney standards.

Full One Year Warranty. One year home service is provided to correct any defects in material or workmanship. For additional service ask about our Assured Performance Plan for unlimited service at a small yearly charge.



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Matching gas dryer, #5740. Reg. 279.95. **Sale 249.95**

At JCPenney stores with major appliance departments.
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SEX SYMBOLS

HAVE THEY CHANGED OR HAVE WE?



We swooned over Gregory Peck in the fifties, but John Travolta makes us sigh today. Who's different—the sex symbols or the fans?
By Molly Haskell

What has happened to women's sex symbols? How did we go from John Wayne to Mikhail Baryshnikov, from Gable and Cooper to Travolta and Voight? How different are today's idols and the dreams they inspire from those of 20 years ago?

Let's first look at the idols of 1979. The list is mine, based on personal choice and on box-office records.

John Travolta—When Travolta strutted down the street in *Saturday Night Fever*, thousands of women followed his every step. The young punk from *Welcome Back, Kotter* had thinned down, grown up and was showing it off on the screen. Those he didn't overwhelm with his walk, he dazzled on the dance floor. His innocent face, and not-so-innocent body, inspired the disco rage, the white suit and slicked-back hair. John Travolta suddenly became the man of the minute.

Warren Beatty—Newly crowned "Mr. Hollywood" and fabled womanizer, the dashing star of *Heaven Can Wait* fascinates women: He's too handsome, too charming, too healthy—too wonderful to be real. But there's something devastatingly sincere in those clear blue eyes that convinces women Beatty can't see anyone else but themselves. Beatty's been accused of everything from narcissism to arrogance but he's never charged with misogyny.

John Voight—Voight was nobody's sweetheart as the seedy Texan deadbeat in *Midnight Cowboy*, but as an embittered Vietnam veteran in *Coming Home*, he suddenly became the modern woman's dream of the desirable American male. Voight's paraplegic displayed a heart-rending strength and sensitivity in his intimate scenes with Jane Fonda that stole the show. His attraction stems more from his capacity to be open and vulnerable without appearing weak, than his blond good looks.

Burt Reynolds—A *Cosmo* centerfold and two football movies could establish any man as a bona fide sex symbol, but Reynold's appeal derives more from his comic flair than his physique. Who can resist the invitation to giggle at the self-deprecating wit of this versatile actor who makes everything look easy and fun?

Chevy Chase—Start with Cary Grant, add a little Groucho Marx and season with some Woody Allen, and you begin to appreciate the magnetism of Chevy Chase. His clean-c good looks and urbane air promise potential lady-killer, until his za humor rises to the surface, renderi him harmlessly adorable. Chase is t apt to laugh at himself, and the re of us, to pull off a devastating Bog persona, but an evening with the st of *Foul Play* would undoubtec prove anything but dull.

Mikhail Baryshnikov—Athle and dancer wrapped into one, th ballet star is considered by many be the greatest dancer in the wor today. And his successful debut as fickle heartbreaker in *The Turni Point* has also established his reput tion outside the dancing worl Baryshnikov's grace, exotic goo looks and romantic personality ma him the first male classical dancer become a national pinup.

Kris Kristofferson—Rugge strong, individualistic, he has some the qualities of a wraparound sh rug, but sexier. Sympathetic to t needs and desires of strong wome such as Ellen Burstyn in *Alice Doesn Live Here Anymore*, he gives ever thing to his women without cor promising himself. Modern wome adore this handsome teddy bear, a though the ranks are split betwee those who prefer him with a bear and without.

(continued

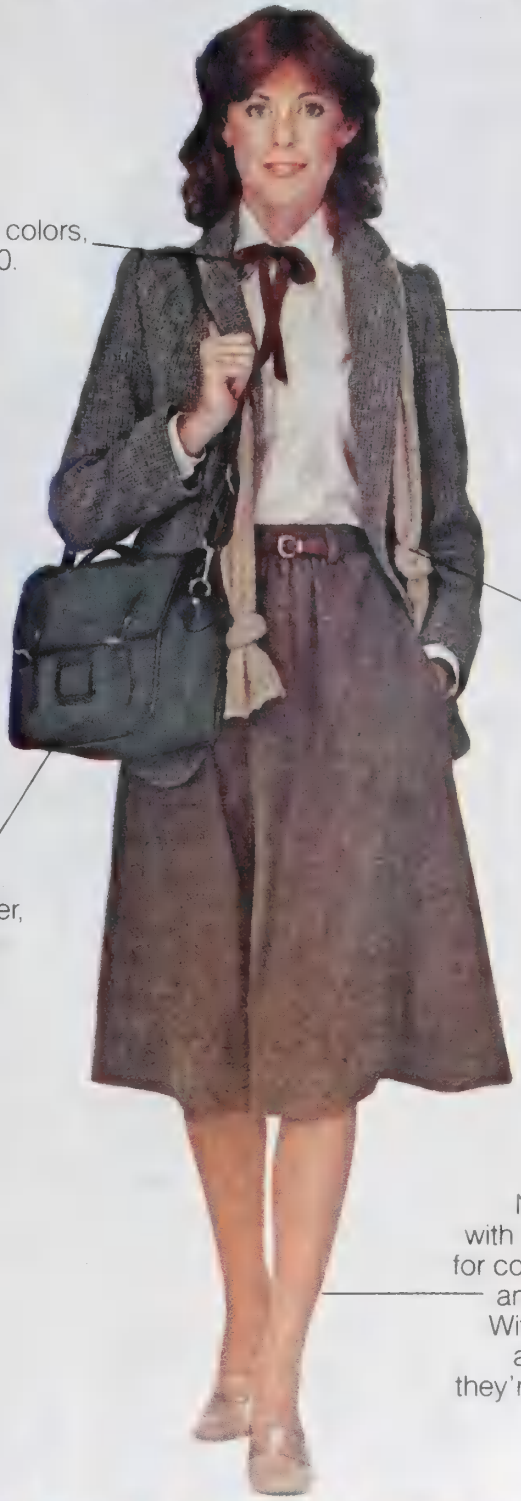
A NO NONSENSE LOOK AT SMART SHOPPING.

A simple piece of ribbon
es a great necktie. Get a lot of colors,
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A tweed blazer is now,
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Well worth the money at $78.00.

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NO NONSENSE FIT AND COMFORT AT A NO NONSENSE PRICE.™

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SEX SYMBOLS
HAVE THEY CHANGED OR HAVE WE?



Robert Redford—When women got tired of being treated as sex objects, men jumped in to fill the gap. And their answer to the blond bombshell was Redford, whose famous all-American looks have inspired thousands of fantasies. Redford, however, is a pinup personality with something to say. His efforts in behalf of the solar energy movement have established him as more than just a pretty face.

O. J. Simpson—If this sexy athlete actually dashed through an airport (as he does for Hertz), he'd look more like the Pied Piper with an all-female fan club than a man in search of a car. He's handsome and powerful, but much of his appeal comes from his style rather than his good looks and brute force. Even Bjorn Borg and Muhammad Ali combined would be hard put matching the dynamic drawing power of this superstar.

James Garner—As TV's Jim Rockford, a new but old style gumshoe, he's not quite respectable—he lives in a trailer in Malibu and has trouble collecting his fees. But beneath the banter and cynicism, he's good at what he does as well as courtly, funny and direct with women. When he raises his eyebrows and rolls his eyes at the world's absurdities, you want to be in on the joke with him—th closer the better.

Convulsions have rocked the coun try in the last 20 years: the Vietnan War, Watergate, the women's move ment. The assassinations of John an Robert Kennedy, and Martin Luthe King. The flowering of alternate life styles and new sexual arrangements the weakening of bonds of marriag and family. But one thing apparentl hasn't changed: some men have special presence that women find ir resistible. Call it sex appeal, call i what you like. It's there.

But is it the same? Do the faces o our sex symbols change while thei essence remains the same? Or are th idols of 1979 fundamentally differen from the heartthrobs and dreamboat of 1959? Has the erosion of the Amer ican dream, the tarnishing of ou national image and with it the un questioned status of the true-blu ruling class male, altered women' fantasies? What are the difference between Rock Hudson and Bur Reynolds? How do the new sex sym bols reflect the changes in society' attitudes and tastes? And most im portantly, what do the changes sa about us?

After extensive consultation wit women of different ages and back grounds, I offer the following as th top ten sex *(continued on page 113)*

THE STARS CHOOSE THEIR FAVORITES

We asked 12 female celebrities to pick their ultimate sex symbol and tell us why they chose him.

Suzanne Somers: *"Warren Beatty. Because he's in total control of his life and does exactly what he likes without being arrogant. And he's fantastic looking."*

Phyllis Diller: *"Richard Burton. His face may look like 20 miles of bad road, but he knows how to treat a woman. He makes you think that everything he says is just for you."*

Farrah Fawcett-Majors: *"My husband Lee is number one. He always has been and he always will be. He's got old-fashioned values, which allow him to be strong but gentle."*

Faye Dunaway: *"Steve McQueen. His appeal is like Humphrey Bogart's; he's in control but he also has a gentle side."*

Suzy Chaffee: *"The perfect man would be the Multiple Man. I'd mix Ted Kennedy's social power, Warren Beatty's style, Bruce Jenner's body, John Travolta's dancing, Mike Wallace's inquisitive mind, Stevie Wonder's voice, Gerald Ford's sincerity and Werner Erhard's interest in people."*

Zsa Zsa Gabor: *"Frank Sinatra. He is so sexy and powerful and he understands women."*

Shirley MacLaine: *"The answer is*
(continued on page 115)

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'I made a decision about smoking.'

"I smoke for taste – that's my decision. It's that simple. But I couldn't avoid the tar story. It bothered me.

"So I searched out a low tar menthol cigarette that had taste. That wasn't easy. Then I found Vantage Menthol. They give me the menthol taste I always enjoyed.

"And Vantage isn't like any other low tar cigarette. Take the filter – there's not another one like it. I don't have to draw hard.

"Every once in awhile, when I remember the taste of my old cigarette, I'm glad there's Vantage."

Kim René
San Francisco, California



Regular, Menthol, and Vantage 100's.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.



Beauty Journal

January resolution: To take care of skin, try an eyebrow pencil, look better than ever.

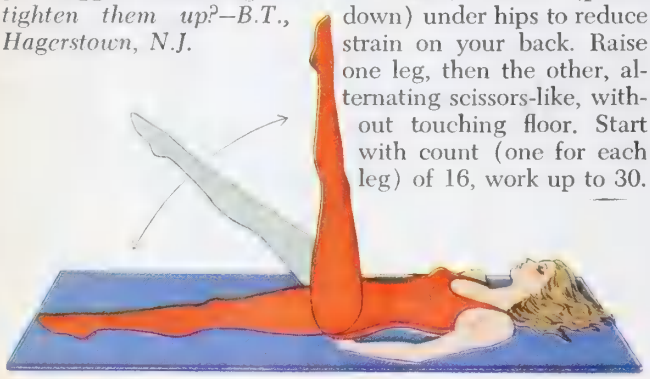
CHILL FACTORS

January forecast (according to the *American Farm & Home Almanac*): nippy and cold, with major snowing and blowing at the end of the month. With the temperatures predicted to plunge to the freezing point, we were wondering how fragile skins will fare. Dr. Irwin I. Lubrowe, Clinical Professor Emeritus of Dermatology, N.Y. Medical College, had a few pointers to help combat Jack Frost. ▪ Winter air contracts blood vessels, slowing down the production of natural oils. The extremes of cold and steam heat causes dryness. To keep supple: 1. Moisturize often with lotion or oil. 2. Wash with super-fatted soap. 3. Add a dash of oil to your bath. 4. When facing the elements (cross-country skiing or snowmobiling), spread a light moisturizer all over your body. Layer an extra heavy coating of pomade or balm (with sunscreen and lanolin) on lips and eyelids (thin skin, sensitive). Bundle up! Wear hats, scarves, gloves and sunglasses against the sun's glare. • Smokers beware! Puffing away slows down circulation. If overexposed, you're more prone to frostbite on the extremities. • Ration your number of showers and baths. Each time you dunk robs the skin of needed moisture. If you must indulge daily, at least shorten the soak time and cool the temperature down. Keep the water warm (never hot). Out-of-water, finish up with a slick of body moisturizer to lock in body moisture and oils. ▪ Hair, too, can get a case of the flyaway winter blues. Beef up your use of deep conditioners that penetrate the hair shaft. Head for shampoos with an acid, not alkaline, balance. If you blow-dry, turn down the setting to "Cool."

EXERCISE OF THE MONTH

Q. *I'm a college student who has always been athletic, but lately it seems that my stomach muscles are starting to get flabby. Can you suggest something to tighten them up?—B.T., Hagerstown, N.J.*

A. It's a fact—unless you engage in vigorous dance or gymnastics, those abdominal muscles rarely get exercised. To trim up, try this: Lie on the floor, hands (palms down) under hips to reduce strain on your back. Raise one leg, then the other, alternating scissors-like, without touching floor. Start with count (one for each leg) of 16, work up to 30.



NEW BEGINNINGS

Get the year off to a good start. Try out these new front runners . . . • Wonder Woman would approve. This shines like regular nail polish but strengthens with extra might. Strong & Glossy Acrylic Nail Lacquer by Helena Rubinstein, $2.50. ▪ Toothsome wonder. There's a small battery-operated machine that cleans and polishes your teeth (like a trip to the dentist). Said to be better than a brush for gum care, reducing plaque. With 4 separate rubber-tipped heads (for all the family), ToothPro, $39.95. ▪ Real smoothie skin care system with buffing sponge to whisk away grime, dead cells; creamy soap to cleanse; and lightweight moisturizer to soften. "Buf" Beauty Basics by Riker Laboratories/3M, $9.95. • Outer serenity--dewy makeup in a swivel stick to stroke on, blend in. Red lacquer case. Moisture Mist Stick Foundation by Shiseido, $6.50. ▪ Exercise while you energize—versatile loofa-like cloth soaps up and perks up your entire being. Magic Loofa Cloth by Roger & Gallet, $3.75.

BOOKLET BROWSERIE

Little booklets that pack a wallop of information. To send for: • Doctors prescribe pills; people take them. But there are always questions about medications. Sensible answers come from Roche in "The What If Book," Radio City Station, P.O. Box 878, Dept. A, New York, N.Y. 10019. • Foot loose and fancy free? There's a lighthearted booklet that will make you stand up and cheer. For "The Care & Feeding of the Foot & Shoe," send 50¢ to: Sole Leather Council, Suite 1400, Box LH, 221 North LaSalle St., Chicago, Ill. 60601. • 'Tis true. Almost everyone we know is on a diet or thinking about one. Send $1 for a complete calorie counter, "Calories & Weight," USDA, A.I.B. #364 to Supt. of Documents, U.S. Govt. Printing Office, Washington, D.C. 20402. • Considering birth control? Carefully look over your 10 or so choices. Send a postcard for "Contraception: Comparing the Options" to Consumer Information Center, Dept. 576G, Pueblo, Colo. 81009.

FEATHER YOUR BROWS



Q. *My only knowledge of eyebrow pencils comes from watching late-night Bette Davis movies. Yet with 40's fashions back, I'd love to try my hand at shading my brows—but how?—G.R., New London, Conn.*



A. Whether you're wearing padded shoulders or not, makeup in general is getting more defined, more refined. Instead of yesteryear's hard line of harsh black, today's brow pencils glide toward the softer sands, smokes, pearl grays and taupes. Top sketch: The Vamp Look, an example of "how-not-to." Pencil, too blunt; line, too heavy. Exaggerated high arch in tough pitch-black shade. Lower sketch: the way to pencil it right. Simply angle a very sharp pencil and follow your own brow line. Press the pencil firmly at the hair base, then feather up each stroke—a dot with a light "tail". Use fainter strokes at the outer edges to blend in naturally.

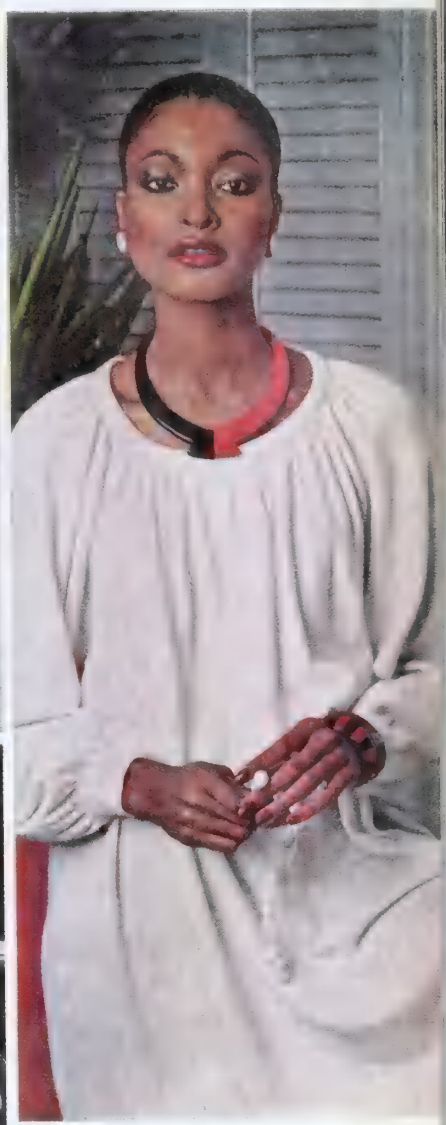


Border by Julia Noonan. Drawings by Thea Kliros.

THE PERFUME NO TWO WOMEN CAN SHARE.











Cachet is different on every woman who wears it. You see, the moment it touches your body, Cachet blends with your own special chemistry. And suddenly, it's you. Other women may wear Cachet, but you make it yours alone.

Cachet by Prince Matchabelli.

CACHET
AS INDIVIDUAL AS YOU ARE.

Your Family's Health

David R. Zimmerman

Does hypertension run in your family? An exciting, experimental drug promises a cure. What the new dietetic labels mean . . . and more.

PROMISING HYPERTENSION DRUG. Have you been warned that hypertension runs in your family? Medical researchers are excited by an experimental drug—not yet approved by the Food and Drug Administration—that works in a new way to lower high blood pressure, a major underlying cause of heart disease. The drug, captopril, blocks the kidney hormone *renin*, which is partly or wholly responsible for most cases of hypertension. "It is far more powerful and far more specific than currently used renin-blocking drugs," says hypertension expert John H. Laragh, M.D., who explains that captopril is the only drug that neutralizes renin *after* it has been secreted into the bloodstream. This lowers blood pressure to normal, or near-normal, says Dr. Laragh, who is testing captopril at New York Hospital's Hypertension and Cardiovascular Center. "Most people feel wonderful on captopril," Dr. Laragh adds. "I would hope that in a year or two it will be generally available."

CRUEL DECEPTION. Cystic fibrosis (CF) is a dreadful, usually fatal children's disease. Sufferers and their families clutch at the hope that a research breakthrough will yield a lifesaving treatment. Thus, they can be cruelly hurt by inaccurate and deceptive news stories about new CF treatments, like this one carried recently by United Press International and broadcast, as follows, by radio newscaster Paul Harvey:

> NASA [National Aeronautics and Space Administration] researchers may have made a significant medical discovery. Working with monkeys—studying dietetics—they've found five [animals that] developed CF. Thus it appears that the disease is not inherited—that it relates to diet. One researcher, a doctor of veterinary medicine [named Joel Wallach], believes that by manipulating the diet . . . selenium, zinc, vitamin B_{12} . . . CF can be caused, reversed or prevented. The National CF Foundation is unconvinced, pending further testing of this hypothesis.

Researcher Wallach's technical report, which was distributed to the press by a Chicago public relations firm, had not been accepted by or published in the scientific community—and so was highly suspect. To check it, we went to the place where the research was done, which is not NASA, as Paul Harvey reports, but the Yerkes Primate Research Center in Atlanta. Based on interviews with administrators and scientists there, we can pinpoint several key deceptive statements engendered by Wallach after he was fired by Yerkes for unscientific conduct:

- No dietary study was conducted. What did happen was that, in a routine autopsy, Wallach discovered a cellular disorder, a *lesion,* in the pancreas of a single, very sick young monkey that resembles the lesion found in CF children. This, in fact, is very exciting news, at a very basic scientific level. If comparable lesions can be produced in other monkeys—and they have not been as yet—scientists would have a clue to the cause and the cure of CF. Wallach's chief and co-worker, veterinary pathologist Harold McClure, DVM, says he and other scientists were deeply excited by Wallach's initial discovery, and urged him to pursue it in a systematic and scientific way—which he says Wallach refused to do. The CF-like disorder was found in only one monkey, McClure says, not in five, and it is incorrect to say that even one monkey "had cystic fibrosis," since it lacked changes in other organs that also are CF hallmarks.
- The finding of CF or CF-like tissue in one, or even five unrelated monkeys, does not disprove the great preponderance of published evidence that human CF is an inherited disease.
- There is no scientific evidence that diet had anything to do with the cellular damage Wallach found.
- There is not one shred of evidence that "manipulating the diet" with selenium, zinc, vitamin B_{12} or anything else will cause, reverse or prevent CF. The assertion that dietary manipulation could help is particularly dangerous, McClure warns, because selenium—which Wallach claims CF patients or their mothers lack—is poisonous in very low doses.

In short, there is no scientific basis for the hope generated by Wallach and disseminated in newspapers and on radio that a diet-based breakthrough in CF treatment is close, or even discernable on a distant horizon. It is not clear why Wallach abandoned scientific caution just when he came upon his promising lead—which is being pursued at Yerkes in his absence. What most concerns his ex-colleague McClure is the "injustice" of misleading CF victims and their parents.

DIETERS' DICTIONARY. Are you confused by what appears on the "Diet Foods" shelf in your supermarket? These definitions, mandated by the FDA, will appear later this year on all dietetic food product labels:

Low calorie—Contains no more than 40 calories per serving.

Reduced calories—Contains at least a third fewer calories than a comparable product.

In addition, labels on dietetic products will have to tell how many calories each serving contains. **End**



When it comes to aches and fever, aspirin is what doctors recommend most over any other non-prescription fever reducer or pain reliever. And Bayer is the only leading pain reliever that's 100% pure aspirin. And millions have used Bayer with no stomach upset.

Bayer® Aspirin. It's 100% of what the doctor ordered.

Rest. Fluids. Bayer.

ad and follow label directions.



You. One and a half days old. The hospital put you in Pampers.

That's a pretty picture mommy put in her scrapbook. But not an unusual one. Smiling parents, proud grandparents, and a baby dry and happy in Pampers.®

It's not unusual, because more hospitals use Pampers than any other diaper.

Dryness is the reason why. Pampers helps keep clothing and bedding dry so they save on laundry. But more important for you, Pampers has a Stay-Dry lining that helps keep baby dry.

The Stay-Dry lining helps keep wetness away from baby's skin so it actually helps keep his tender bottom dry even after baby has wet.

Doesn't your baby deserve Pampers dryness?

More hospitals use Pampers than any other diaper.

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Baby '79

WHAT EVERY WOMAN (AND MAN) SHOULD KNOW ABOUT CHILDBIRTH TODAY.

BY JOHN KELLY

Childbirth. The entry into life. The subject that touches us all. Rich or poor, young or old—we all have a stake in understanding the childbirth experience. And today, more than ever before, we have the challenge of improving that experience for ourselves, for other parents—for our children.

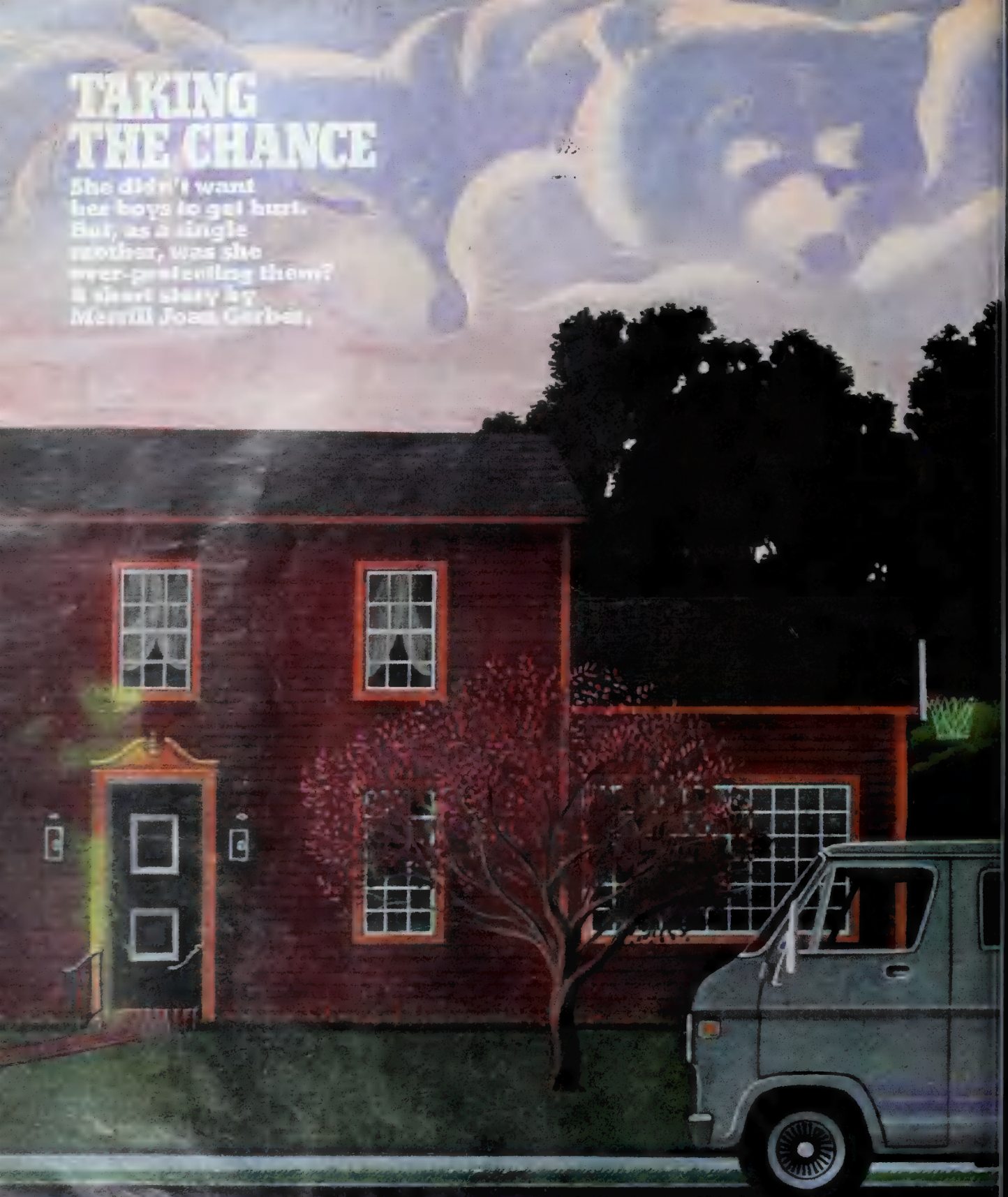
Here's a look at the American Way of Birth today and the sweeping changes that make it one of the most important—and controversial—areas of modern medicine.

Sitting in her kitchen with the warm afternoon sun spilling in through checked curtains and the reassuring sound of children's voices tumbling down the hall, Maureen Molloy recalls the peculiar grayness of that March morning, eight months ago, with vivid sharpness. How strange she felt then to be bursting with life on a day when the world looked so tired and worn by winter. She remembers, too, the way her husband, Timmy, laughed when she announced she wanted to wash her hair before going. And, later in the hospital, she remembers being fascinated with the silent squiggles made by the needle on the fetal monitor; and, later still, noticing how her obstetrician, Dr. Riley, kept fingering the readout strip, as if it were a set of worry beads. A half hour, maybe an hour later, she isn't sure—time had begun to collapse in on itself—she remembers Timmy's face hovering over her. "He was very tender. He put his hand on my shoulder and said, 'I'm sorry, Hon, but they don't like the reading they're getting from the monitor and they want to do a cesarean.'"

Today, a few feet away from her chair, propped against the washing machine, eight-month-old (*continued on page 103*)

TAKING THE CHANCE

She didn't want her boys to get hurt. But, as a single mother, was she over-protecting them?
A short story by Merrill Joan Gerber.



It was four o'clock in the morning and it was impossible to sleep. Raney looked down at the street below, watching to see if anyone might be tampering with her van, even hoping that perhaps there might be a reason to postpone the deadline that was coming up at dawn. Almost as a dare to herself, on the day her divorce became final, she had made the commitment to her boys to take them on this camping trip as soon as school was out. For several months it had given her unnatural powers over them. Whenever they hassled her, especially on days that were tough for her, when she was strung tight over her own problems, she need only say, "Hey, guys, Fish Canyon in June, still want to plan on it?" and they'd back down.



retracting their tenacious six and eight year old refusals to do whatever was the issue at the moment.

For Raney, there was no backing down now. The sound of the alarm in an hour would bring her eager fishermen bounding onto her bed, doubtless all decked out in their newly purchased gear, from their hiking boots to their shiny new army knives that Raney had bought for them last week. Of course she'd come home and given them a 30-minute lecture-demonstration on the correct use of knives, never doubting that they would use them properly.

She left the window and crept back into her bed. So much for vandals on the street tonight. They'd never know what a good (continued on page 119)

Illustration by Chuck Wilkinson

More gray each day

At age 35, Deborah FitzGibbon's wavy brown hair was quickly becoming tracked with gray (insert). Especially around her face. The result detracted from her tall (5'10½"), strong, good looks. The gray coloring didn't contrast well with her deep complexion, even tended to dull her interesting eyes.

Positive improvement

Instead of lightening up her hair (the usual choice) to hide the gray, we decided to match her own dark, rich color. The added chestnut brown gave a new softness, warmth. Her gray strands appeared as lighter highlights. The overall effect looked like natural sunstreaking. To do at-home. Clairesse "Medium Ash Brown" or the semi-permanent Loving Care Foam in "Medium Golden Brown." Deborah's hair was trimmed, the sides gently graded.

Fashion by Gloria Vanderbilt for Murjani

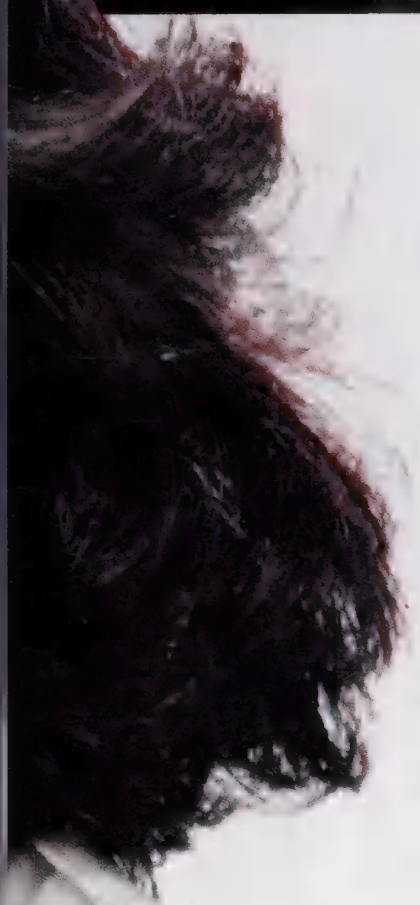


Photographs by [illegible] Hair coloring by The Private World of Leslie Blanchard, colorings perfected from Clairol. Hairstyles by Charles Booth of La Coupe, New York and Canada, makeup by Marion Downey.



Younger Hair The Choice Is Yours

Gray creeping in? From your first threads to salt-and-pepper to shining silver, the choice—to cover or not to cover—is up to you. To help decide, some pros/cons. Check out the growing pattern. If scattered, it may look messy. In one streak, terrific. Your coloring? Gray's often more flattering with fair skin, lighter eyes. Hair texture? If wiry, will seem even grayer. Be introspective—do you feel "older" being gray? Or more interesting? Whichever way you go, the decision needn't be permanent. Gray at age 32 can switch overnight to brown at 43, gray again later. Here and on the next pages are six spirited women—three who stayed gray (only richer, better) and three who opted for a dramatic change.
By Maureen Lynch, Health and Beauty Editor.



Gray Hair—do's and don'ts

1 With fine or thinning gray hair, take extra care. For instance, if too much of a blue tone is added, scalp may come through looking very pink, almost balding.

2 Streaks of gray on redheads or blondes can be a problem. As natural color fades, gray can look dusty/dirty.

3 If you have dark hair with a few strands of gray, try adding highlights with a tawny blonde toner (will cover gray). Effect: more like sunlighting than aging.

4 Texture of gray is usually different. Sometimes bristly. Or static-charged, flyaway. Hairstyling important.

5 Hiding gray at home? Pick a lighter, softer color than natural one. Also, go for warm sunny shades, the gold range (not brassy).

6 Don't rush through hair coloring. Give the product time to penetrate. Will last longer.

7 Gray hair *always* needs a conditioner.

8 More makeup is needed if you keep gray hair. Otherwise, the look is monochromatic, washed out.



The dramatic look of youthful gray

An associate editor, Mary Beth Guimaraes, age 32, above, is what's commonly called "prematurely gray." Her brown hair began silver streaking at the tender age of 17 (both parents were pure white in their 40's). To look more like her own age group, Mary Beth colored over the gray in her early twenties, then changed her mind. Suddenly, she liked the idea of its drama and contrast.

Wonderful counterpoint

Mary Beth's hair coloring, right, meshes beautifully with her pink-toned skin and true-blue eyes. In the salon, her natural gray was heightened, brightened and made to sparkle—following the same principle as putting a "whitener" in your wash. Gray hair must be kept clean or it can get traces of yellow (from smoke, perspiration). Mary Beth's shade is easily maintained at home with Silk and Silver "X-Silvery White," lasting about 5-6 shampoos. Her hair was slightly trimmed, softly curled under and the "wings" flared out for fullness.

Hairstyle by Charlotte Ford for Don Sophisticates



Gray is not just one color but many shades of difference. If you stay gray, it can be a distinguishing feature—sophisticated, elegant. If you camouflage gray, make it look attractive and natural.



Problem: not the ten percent gray, but an all-over fading of color.

When hair turns gray, it means a loss of color pigment. However, as Bettina Cirone, age 45, found out, it also signals a fading of natural color all over the head. Her gray shoots were coming in erratically, top left, while the chestnut brown looked plainly drab.

New play of lights

At Leslie Blanchard's salon, Bettina had a two-step process. Extra strands were singled out and brought up to blonde. Then her hair—highlights and all—was tinted a warm brown/blonde shade. Result: sunny color with a shimmering of lights. This will last 3-4 months. To do at-home, Nice 'n Easy shampoo-in hair color in "Natural Deep Golden Blonde." Highlights can be added with Quiet Touch. Several inches were cut off Bettina's hair; the sides were sloped to frame her face.



Comfortable with her color

When Harriet Boyd, left, pictures herself, she sees someone with gray hair. So do her family and friends. With good reason. Harriet, now 57, started going gray in her teens and has never changed a hair of it. The color suits her and looks terrific.

Pure silk

Over the years, Harriet's hair turned somewhat coarse and dry. With strong, natural wavy hair, it's important to keep it in top condition, feeling like silver silk instead of gray wool. Only the lightest rinse was applied for shine. At home, we've suggested a deep conditioner to be used regularly, Condition; perhaps Silk and Silver in "Silvery White" for extra gleam. Beauty point: more makeup is needed with gray hair. Deeper colors, more pinks to set off her face, avoid a monochromatic look.

Cream and russet blouses (left) by Gloria Vanderbilt for Murjani



Like a patchwork quilt
Right now, at age 46, Diane Creamer (insert, near right) likes the way the graying weaves through her natural sandy brown hair. Except for the scattered patches of total white.

Halo of light
The key was to even out the coloring, eliminate the patchiness. First, Diane's hair was finely highlighted around the face and temples (to last 3-4 months); then, a wash of color was added to introduce a prettier shade. To get a brighter, more uniform look at home, shampoo in Silk and Silver in "Silvery Platinum." Hairstylist Charles Booth swept her hair up and back for a more flattering line. Diane was happy with the changes, but frankly admitted, "In a few years, I just may want to switch back to my younger shade of brown."

Gray wires stand out
Gradually graying, at age 29, Hilary Sunderland (insert, far right) felt it was a perfect time for a change. In her case, the gray (mostly on top) was coming in wiry, so that those hairs sprang apart.

Warm glow of gold
Hilary's good thick hair was handled in two steps. Highlights were put in to follow the pattern of the gray, more in front to round out her oblong face. Afterwards, a honey brown color was applied to warm up her smoky brown shade. Salon maintenance: 4-5 weeks. On your own: simply use Clairesse shampoo-in formula in "Medium Golden Brown." Biggest change in styling was to furl her bangs out, freeing her forehead, showing off her eyes.

Fashions on these pages by Paula Saker

What's your mirror image? If you feel drab or dowdy with gray—make a change. Either enhance the gray to look shinier, more silvery. Or cover it with a different shade, aglow with lights.



Pattern information on page 82

Fashions to Sew

AMERICAN FRONTIER

Westward, ho! That's where you'll find these honest-to-goodness American fashions: prairie charmers and frisky cowgirl gear. Copy the olden golden days and partner 'em up with trail-blazing boots, belts and lariat ties. All are in colors inspired by the terrain—the cinnamon earth, amber waves of grain. By Trudy Owett, Fashion and Home Sewing Editor.

Tumblin' tumbleweed! This page, covered wagon days are back, with a country girl look. Prim pinwale jumper over a sweet, puffy-sleeved blouse. McCalls #6394; fabric, Sterlingwale corduroys. H. Kauffman and Sons boots, tie.

Home on the range, near right, our heroine's in a two-piece prairie dress. Flowery yoked blouse, flouncy skirt. McCalls #6267 (Cacharel design); fabrics, Styletown print, Concord trim. Earrings, 1928 Jewelry Co.; Elegant belt; 7 Star boots.

Annie Oakley, far right, West-dressed in a square-buttoned cavalry shirt over a ruffly skirt. Vogue #2078 (Ralph Lauren design). Top, Skinner Coltra IV suedecloth; skirt, Stafford Border Challis. H. Kauffman and Sons belt; Frye boots.





Fashions to Sew

AMERICAN FRONTIER

Howdy partner (left), here's a rough-tough maverick look. Classic flannel shirt, sturdy roll-up pants. Both, Simplicity ® 8799 (Willi Smith design). Shirt, Styletown cotton; pants, Crompton corduroy; YSL Colony belt; 7 Star boots.

Ride 'em cowgirl, right. Quilted weskit, simple shirt over dirndl skirt. Vest and skirt, Simplicity ® 8869, shirt ® 8715. Cottony fabrics: vest, V.I.P., blouse, Charter; skirt, Joseph Goldfinger. Frye boots.

Pattern information on page 111.



Chili is a hot topic. Aficionados love to argue over every spoonful—was the spicy stew first stirred in Texas or Mexico? Of ground or cubed beef? With beans or not? But all chili fans agree: a "bowl of red" can best satisfy body and soul. To leap into the fire, here are six top-notch recipes—from a zesty vegetable pot to a simple sausage chili (cooled down for kids). Shown: Jailhouse Chili, a delicious old-timer from the 1890's. The fixin's (clockwise) can mix with any recipe: corn chips, vinegar, red pepper flakes, shredded cheddar cheese, chopped onions, sliced jalapeño or green chili peppers. Recipes start on page 92.



CHILI SIX SPIRITED WAYS



Photograph by Jerry Friedman



How America Entertains

Perfect remedy after a day of exhilarating exercise—relaxing fun and food. Lots of it. Start off with rarebit dip with apples and wieners to take the edge off hungry appetites. Go on to hearty do-ahead casseroles—beef and noodle-carrot—and more. Shopping list, timetable and recipes begin on page 86.

AFTER SKI PARTY
(Serves 12)

Glow Wine
Cross-Country Rarebit Dunk
Carbonnade of Beef
Noodle-Carrot Toss
A-Touch-of-Spring Salad
Herb Dressing
Double Rye Twist
Butter or Margarine
T-Bar Temptation Cake
Beer or Ale

After Ski Party

To chase away winter's ills (after skiing, ice skating, whatever), gather your friends for a let's-get-cozy party. Pass round mugs of hot wine to warm the spirits and set out a spread of heartening food—all before a bright crackling fire. By Sue B. Huffman, Food and Equipment Editor



Delicious Diet

Who would ever guess these entrees are low in calories? Pork, pasta? We've taken delightful dishes that family (or guests) love and found terrific waist-trimming ways to cook them. All, a feast for the eyes. These recipes and more, page 84.



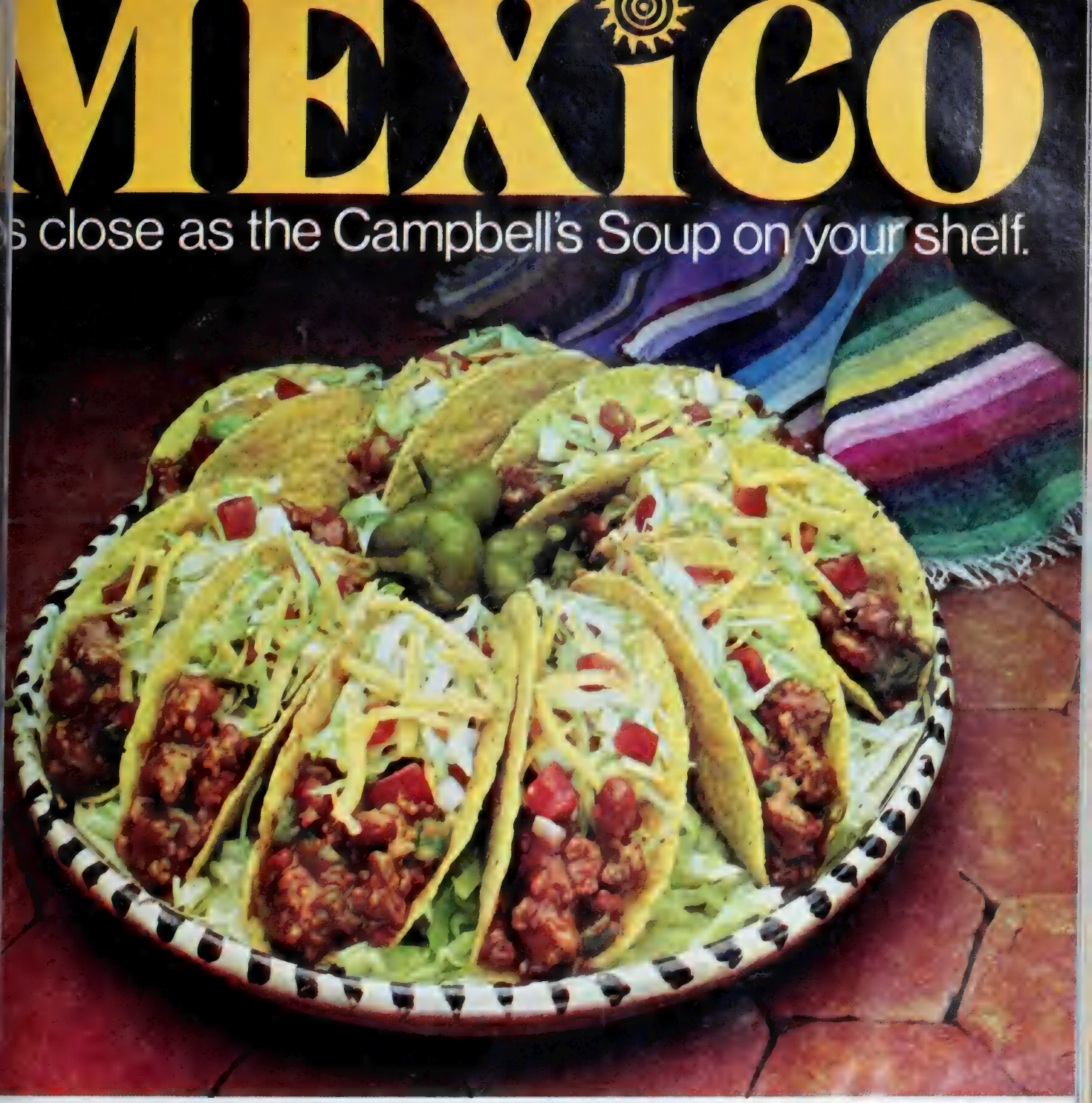
Belgian Pork
on a sauerkraut bed.
Tip: thinly-cut chops.
290 calories per serving

Stuffed Shells
with rich tomato sauce.
Tip: cottage cheese, lean beef.
265 calories per serving



MEXICO

s close as the Campbell's Soup on your shelf.



Campbell Soup Company, Camden, N.J. 08101 U.S.A.

xicanos Tacos

- 2 lb. ground beef
- ½ cup chopped green pepper
- 1 can Campbell's Chili Beef Soup
- 1 can Campbell's Tomato Soup
- 1 to 2 tbsp. finely chopped cherry peppers
- 24 tacos shells
- Shredded Cheddar or Monterey Jack cheese
- Shredded lettuce
- Chopped onion
- Diced tomato

killet, brown beef and cook green pepper until tender; stir to separate t. Add soups and cherry peppers. Cook over low heat 5 minutes; stir asionally. Fill each taco shell with 3 to 4 tablespoons meat mixture; top h with remaining ingredients. Makes 24 tacos.



Cookbook offer: Enjoy the art of good cooking with Campbell's brand-new cookbook—"The Creative Cook," containing over 250 anding recipes. Just send $2.50 (check or money order only) with your name, address and zip code to: CREATIVE COOK, Box 9108, Clinton, owa 52732. Offer good only in U.S.A. Allow 8 weeks for delivery. Void if taxed, restricted or forbidden by law. Offer expires June 30, 1979.

A world of good cooking brought home with Campbell's.

Ski party

continued from page 81

AFTER SKI PARTY

SERVES 12

GLOW WINE
CROSS-COUNTRY RAREBIT DUNK
CARBONNADE OF BEEF
NOODLE-CARROT TOSS
A-TOUCH-OF-SPRING SALAD
HERB DRESSING
DOUBLE RYE TWIST
BUTTER OR MARGARINE
T-BAR TEMPTATION CAKE
BEER OR ALE

FOOD CHECKLIST

- 2 large heads romaine lettuce or variety of greens such as escarole, chicory, Bibb or Boston (about 2 lbs.)
- 1 head (about 1 lb.) cauliflower
- 2 cups fresh bean sprouts
- 1 head red cabbage
- 1 pound carrots
- 1 bunch parsley
- 6 large onions
- 6 apples
- 1 pint (16 oz.) sour cream
- ¾ pound (12 oz.) Edam cheese
- ¾ pound (12 oz.) sharp Cheddar cheese
- 1¼ cups half and half cream
- 2 packages (5½ oz. each) cocktail franks
- 6 pounds boneless chuck roast
- 2 packages active dry yeast
- 2 cups beef broth
- ¾ cup whole bran cereal
- 1½ cups applesauce
- 1 package (12 oz.) semisweet chocolate pieces
- 1 square (1 oz.) unsweetened chocolate
- 5 ounces pecan halves
- 4 cups rye flour (about 2 lbs.)
- 2 packages (12 oz. each) medium egg noodles
- 3 bottles (26 oz. each) dry Burgundy wine
- 1 bottle brandy
- Cardamom seeds
- 20 whole cloves
- 17 cinnamon sticks
- Caraway seeds
- 5 6-packs of beer or ale
- Cheesecloth

Staples to have on hand:

- Sugar
- Cornmeal
- All-purpose flour
- Salad oil
- 1 pound butter
- Baking soda
- Cinnamon
- Salt
- Pepper
- Nutmeg
- Ground cloves
- Garlic cloves
- 1 dozen eggs
- ¼ cup molasses
- White vinegar
- Instant coffee
- Cornstarch
- Ground ginger
- Dried dill weed
- Dried tarragon
- Bay leaves
- Dried thyme
- Confectioners' sugar
- Light brown sugar
- 1 quart milk
- Worcestershire sauce
- Dry mustard
- Bottled hot pepper sauce
- Coffee
- Tea

SCHEDULE FOR SKI PARTY

One month before:

1. Invite guests.
2. Inventory supplies.
3. Purchase non-perishable ingredients and ingredients for Carbonnade.
4. Check liquor inventory.
5. Prepare and bake cake; wrap well and freeze.
6. Prepare and bake bread; wrap well and freeze.
7. Prepare Carbonnade of Beef; wrap well and freeze.

Two days before:

1. Purchase perishable ingredients.
2. Prepare Rarebit Dunk; cover and refrigerate.
3. Select serving dishes.

One day before:

1. Prepare Herb Dressing; cover and refrigerate.
2. Wash and prepare ingredients for salad; place ingredients in separate plastic bags; seal and refrigerate.

Morning of party:

1. Set table.
2. Set up bar.
3. Prepare Noodle-Carrot Toss (do not bake); cover and refrigerate.
4. Remove bread and cake from freezer; let thaw (keeping wrapped) at room temperature.
5. Prepare Glow Wine; add brandy and set aside; do not reheat.
6. Arrange salad ingredients in serving bowl; cover and refrigerate.

Two hours before party:

Place frozen, covered, Carbonnade of Beef in 325°F. oven.

Fifteen minutes before party:

1. Reheat Rarebit Dunk. Heat cocktail franks.
2. Cut apples into chunks; arrange on wooden skewers or fondue forks along with cocktail franks.
3. Reheat wine.

As guests arrive:

1. Serve wine.
2. Pass apples and cocktail franks for grilling; serve Rarebit Dunk.

Forty-five minutes before serving:

1. Increase oven temperature to 375°F. and begin heating Noodle-Carrot Toss.
2. Cut bread into slices; arrange on bread board.

Serving timetable:

1. Pour beer or ale.
2. Serve salad, herb dressing and bread.
3. Serve Carbonnade of Beef and Noodle-Carrot Toss.
4. Serve T-Bar Temptation Cake with coffee or tea, if desired.

All pictured on pages 80–81

GLOW WINE

Destined to warm the cockles on a cold winter's day and get your party off to a festive start.

3 bottles (26 ounces each) Burgundy wine
⅔ cup sugar
20 whole cloves (1 teaspoon)
20 cardamom seeds, slightly crushed (1 tablespoon)
1½ teaspoons ground ginger
5 cinnamon sticks, broken in half
1 piece cheesecloth
2½ cups brandy
12 cinnamon sticks, optional

In large saucepan combine wine and sugar. Place next four ingredients in piece of cheesecloth; tie with string to form a bag. Add to wine.

Bring mixture just to a boil over low heat, stirring occasionally; simmer gently 15 minutes. Stir in brandy. *(Can be made ahead to this point. Let stand at room temperature up to 6 hours.)* Heat until hot but not boiling. Remove cheesecloth bag. Pour into mugs. Add cinnamon stick to each serving, if desired. Makes 24 ½-cup servings, about 160 calories each.

CROSS-COUNTRY RAREBIT DUNK

Now you can use that fondue pot tha been gathering dust on the top shelf

¾ pound (12 oz.) Edam cheese, shredd
¾ pound (12 oz.) sharp Cheddar chees shredded
2 tablespoons cornstarch
½ teaspoon dry mustard
1¼ cups half and half cream
1½ teaspoons Worcestershire sauce
⅛ teaspoon bottled hot pepper sauce
For dunking
5 apples, cut into 1-inch chunks
2 packages (5½ oz. each) cocktail frankfurters, grilled or broiled

In medium bowl combine first four gredients; set aside.

In large saucepan heat cream ov low heat until hot. Gradually a cheese mixture, ½ cup at a time, stirri constantly until cheese has melted. S in Worcestershire and hot pepper sau Remove from heat. *(Can be made ahe to this point. Cover and refrigerate to 2 days. To serve spoon into saucepa heat over low heat, stirring frequent until hot and smooth. If necessary th with ¼ to ½ cup milk.)*

To serve: Pour into chafing dish or ramic fondue pot. Spear apple chun and grilled cocktail frankfurters wi skewers or fondue forks and dunk i hot cheese mixture. Makes 12 servin about 370 calories each.

CARBONNADE OF BEEF

A hearty beef stew generously flavor with ale or beer.

½ cup all-purpose flour
2½ tablespoons salt
1 teaspoon pepper
6 pounds boneless beef chuck roast, trimmed of all visible fat and slic into 3x1½x¼-inch pieces
5 tablespoons salad oil
5 tablespoons butter or margarine
8 cups onions (6 large), thickly sliced
2 garlic cloves, crushed
6 sprigs parsley
2 bay leaves
1 teaspoon thyme, crushed
2 cups beef broth
2 cans (12 oz. each) ale or beer
¼ cup light brown sugar
2 tablespoons white vinegar

In large bowl combine flour, 1 tab spoon salt and ½ teaspoon pepper. A meat and toss lightly with spoon to m well. Heat 4 tablespoons oil and 4 tabl spoons butter or margarine in lar skillet over medium heat. Cook meat, few slices at a time, turning frequentl until browned, about 5 to 6 minut Remove meat with slotted spoon. A remaining 1 tablespoon oil and 1 tabl spoon butter or margarine; heat un melted. Add onions and garlic; sau until tender, about 4 to 5 minutes. R move from skillet.

In piece of cheesecloth place parsle bay leaves and thyme; tie to form a ba Alternate layers, first meat then onio in 4½-quart ovenproof casserole or ba ing dish. Place cheesecloth bag into ce ter of mixture. *(continue*



Real fruit juice. Not heavy syrup.

That's what makes Libby's Juice Pack Peaches taste peachier.

Imagine peaches. Fresh cut. Golden yellow. Sweet and ripe. Bathing in a fresh stream of lightly sweetened real fruit juices. Add three of the best names in the business, and you've got Libby's Juice Pack Peaches.

Ah, delicious Juice Pack Fruits. It's not really Libby's idea, it's nature's. We just borrowed it for a fresher fruit taste.

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Libby's Challenge

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Once you taste Libby's Juice Pack Peaches, Pears and Fruit Cocktail everything else tastes syrupy.

MEALTIME EXPRESS

Jiffy ideas for January—to help you save time and money.

Start With A Can Of...

BEETS

Whole, sliced, cubed or shoestring, beets are one of the freshest tasting canned vegetables. A good bargain to boot. Drain and make: • *Beet-Red Salad.* Toss slices of beets with watercress, chopped green onions. Dress with oil/vinegar. • *Red-Hot Marmalade.* Mix butter, orange marmalade, dash of vinegar in saucepan. Add cubed beets; heat. • *Russian Stew.* Substitute whole beets for potatoes in your favorite beef stew recipe. Serve with sour cream. • *Color Wheels.* Arrange orange, beet and red onion rounds on lettuce leaves. Pour on creamy Italian dressing. • *Red-Flannel Hash.* Slowly brown cubed beets, canned corned beef hash, chopped onions. Top with fried egg. • *In a Pickle.* Let set with thinly sliced onion, white vinegar, sprinkle of sugar, bit of oil. Serve cold. • *Rah Harvard.* Boil beet juice with few teaspoons cornstarch, vinegar, sugar until thick. Coat beets.

STAR QUICKIE

TUNA RIO GRANDE

Melt 2 Tb. butter in square baking pan. Stir in ½ cup chili sauce; crumble 1 drained can (13½ oz.) tuna; top with cup of shredded cheese, then with *prepared* 12 oz. pkg. corn muffin mix. Bake 25-30 minutes at 375°F. Cut into squares; serves 4-6.

Photographs by Ron Schwerin

QUICK CRUNCH WITH OATS

New glance at old-fashioned goodness. Toast: spread oats on cookie sheet in 350° oven for 15-20 minutes; store in refrigerator up to 6 months. • Add savory taste and munchy texture to tuna, egg or fruit salad with a scattering of oats. • Use in place of nuts or coconut in cookies (and cakes) to skimp on calories (½ cup pecans = 390 calories; ½ cup coconut = 240 calories; ½ cup oats = 140 calories!) • Toss in a chef's or spinach/bacon salad instead of croutons. More nutritious. • Mix with cinnamon to crown a scoop of ice cream, a container of plain yogurt, a bowl of sliced bananas. Yum. • Sprinkle atop casseroles, stews or green vegetables for wholesome whole grain crunch. • Chicken or pork chops for dinner? Try breading with oats and baking for an extra chewy crust, moist insides. • Take refrigerator crescent rolls and slip a spoonful of oats in each for natural nuttiness. • Make-your-own party cheese balls, roll around in oats (instead of chopped nuts).

ENGLISH MUFFINS...

Top 'em with (toast 'em first!) • Slice of tomato, scrambled eggs, crumbled bacon; a sunny start to the day. • Orange marmalade, pineapple ring, scoop of cottage cheese makes a healthy/wise lunch. • Onion slices, Swiss cheese, sour cream; broil until melty and runny. • Mozzarella cheese, pizza sauce, salami slices; broil—it's jiffy pizza. • Peanut butter, banana slices, chocolate chips; talk about *gooey*—but watch kiddies of all ages swoon. • Cream cheese, chutney, chopped peanuts; odd but delicious. • Spread of butter, garlic powder, parmesan cheese; broil for fast garlic bread.



Ski party

continued

eheat oven to 325°F. In same t combine beef broth, ale or beer, r, vinegar and remaining 1½ table- ns salt and ½ teaspoon pepper. Heat oiling over medium-high heat, stir- frequently. Pour over meat and ns; cover casserole and bake for 2½ s or until meat is fork-tender. Dis- cheesecloth bag. Skim off fat which to the top. *(Can be made ahead to point. Spoon carbonnade into a er-to-oven casserole; cover. Wrap and freeze up to 1 month. To serve, e frozen casserole in a 325°F. oven heat for 2 hours, stirring occasion- until hot and bubbly.)* Makes 12 ings, about 640 calories each.

NOODLE-CARROT TOSS

right and flavorful accompaniment e Carbonnade of Beef.

ckages (12 oz. each) medium egg oodles
up butter or margarine, melted
blespoons salt
ps shredded carrots
up finely chopped parsley
gs, slightly beaten
cups milk
easpoon pepper

eat oven to 375°F. Generously se 4½- to 5-quart casserole or large ng dish; set aside.

large saucepan cook noodles ac- ding to package directions *but cook 4 minutes.* Drain well. Return to cepan and add butter or margarine; aside.

large saucepan heat 1-inch water 1 tablespoon salt to boiling. Add ots and cook 2 to 3 minutes, stirring asionally, until tender but still firm. nove from heat and drain well. Add ots and parsley to noodles. In me- m bowl combine remaining ingredi- s and remaining 1 tablespoon salt; t until smooth. Pour over noodles toss until well mixed.

Pour into prepared casserole; cover. *n be made in advance to this point. er and refrigerate up to 6 hours.)* ke 40 minutes, stirring occasionally. kes 12 servings, about 390 calories h.

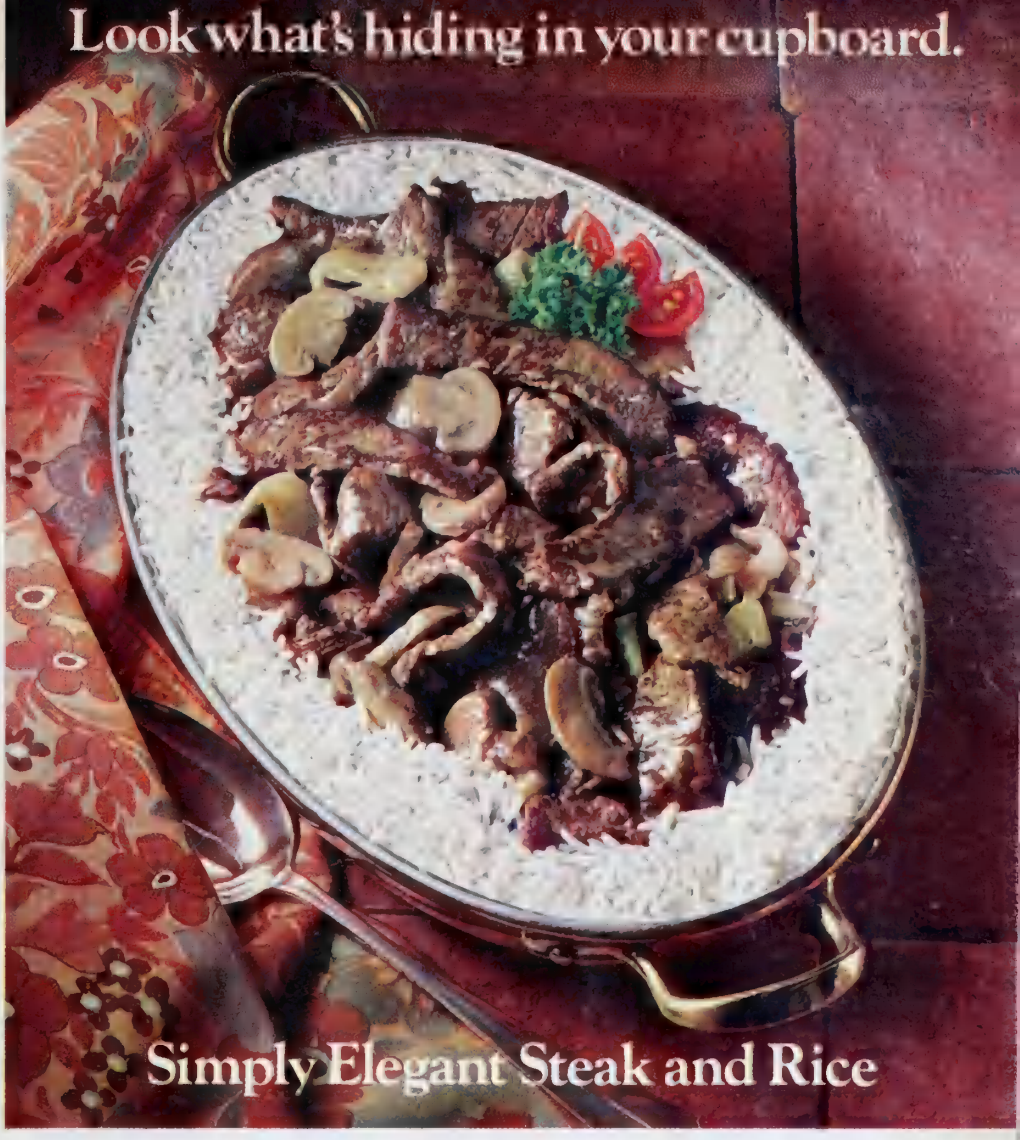
A-TOUCH-OF-SPRING SALAD

runchy, colorful salad with a creamy b dressing.

rge heads romaine lettuce or a variety of greens such as escarole, chicory, Bibb or Boston (about 2 lbs.)
ead (about 1 lb.) cauliflower, cut into lowerettes
ups fresh bean sprouts
up shredded red cabbage

RB DRESSING
l container (16 oz.) sour cream
⅓ cup milk

(continued)



Rice makes any meal more appealing, more delicious and more economical. It's a great extender. And, you can use rice in almost anything—casseroles, soups, salads, even desserts.

So tonight, or anytime you want a simple-to-make, good-tasting meal—remember rice. Then see what's hiding in your cupboard.

Simply Elegant Steak and Rice

1½ pounds tenderized boneless beef round steak
1½ tablespoons vegetable oil
2 large onions, cut in ½-inch slices and separated into rings
1 can (4 ounces) sliced mushrooms (drain; reserve liquid)
1 can (10¾ ounces) condensed cream of mushroom soup
½ cup dry sherry
1½ teaspoons garlic salt
3 cups hot cooked rice

Cut steak into thin strips. In a large skillet (oven-proof, if desired), brown meat in oil, using high heat. Add onions. Saute until tender crisp. Blend soup, sherry, liquid from mushrooms, and garlic salt. Pour over steak. Add mushrooms. Reduce heat, cover, and simmer for 1 hour or until steak is tender. (Or cover and bake at 350°.) Serve over beds of fluffy rice. Makes 6 servings.

For more easy-to-make rice recipes, write to:
Rice Council of America, Dept. L,
Box 22800, Houston, Texas 77027

Name_____

Street_____

City_____

State_____ Zip_____

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Get the Rice out.

Rice Council of America

Ski party

continued

⅓ cup white wine vinegar
2 tablespoons sugar
2 teaspoons dried dill weed
2 teaspoons salt
1 teaspoon dried tarragon
1 teaspoon pepper
2 garlic cloves, crushed

In large salad bowl tear greens into bite-size pieces. *(Can be prepared in advance to this point. Cover with a damp paper towel. Wrap cauliflower, bean sprouts and shredded cabbage separately in plastic bags. Refrigerate all up to 6 hours.)* Just before serving, add vegetables to greens and toss. Serve with Herb Dressing. Makes 12 servings, about 20 calories per serving without dressing. *Herb Dressing:* Place all ingredients in blender container; cover and blend until smooth. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours.)* Makes 3¾ cups dressing. About 30 calories per tablespoon.

DOUBLE RYE TWIST

If you're into bread baking, try this two-tone braid; it's grand.

1 tablespoon cornmeal
4 cups unsifted rye flour
3½ to 4 cups unsifted all-purpose flour
1 tablespoon caraway seeds
2½ cups lukewarm water
2 packages active dry yeast
1 teaspoon sugar
¼ cup (½ stick) butter or margarine, melted
¼ cup molasses
2 teaspoons salt
2½ teaspoons instant coffee
2 tablespoons white vinegar
¾ cup whole bran cereal
1 square (1 oz.) unsweetened chocolate, melted and cooled
Glaze
1 teaspoon cornstarch
½ cup water

Grease 2 large cookie sheets and sprinkle each with ½ tablespoon cornmeal; set aside.

In large bowl combine rye flour, 3 cups all-purpose flour and caraway seeds. Measure out 3½ cups of flour mixture and set aside for dark dough. Reserve remaining flour for light dough.

Combine lukewarm water, yeast, sugar, melted butter or margarine, molasses and salt and stir until yeast is dissolved. Divide mixture into 2 mixer bowls; keep both in a warm place, free from draft. *For dark dough:* Dissolve coffee in the vinegar; add to one yeast mixture along with bran cereal and chocolate. Beat with electric mixer until thoroughly combined, scraping sides of bowl. Add about 2 cups of the reserved 3½ cups flour mixture and beat 1 to 2 minutes at medium speed. With wooden spoon, stir in remaining flour to make a soft dough. Turn out onto lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes. Add more all-purpose flour as needed. (Dough will be somewhat sticky.) Place dough, smooth side down, in a large greased bowl, turn dough to grease all sides. Turn smooth side up. Cover with clean towel and let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

For light dough: To second yeast mixture, add about 2 cups of remaining flour; beat 1 to 2 minutes scraping sides of bowl. With wooden spoon, stir in remaining flour or enough to make a soft dough. Turn out onto lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes, adding more all-purpose flour as needed. (Dough will be somewhat sticky.) Place dough, smooth side down, in large greased bowl; turn dough to grease all sides. Turn smooth side up. Cover with clean towel and let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch both portions down. Turn onto a floured surface and divide each portion in half. Roll each piece into an 18-inch rope. Place one light and dark rope side by side on prepared cookie sheet; pinch together at one end. Braid dough and pinch other end. Repeat with remaining dough halves. Cover and let rise until doubled in bulk, about 45 minutes.

Preheat oven to 350°F. Bake for 40 to 45 minutes or until loaves sound hollow when tapped with fingers.

Meanwhile, to make glaze stir cornstarch and water in small saucepan until smooth. Bring to boil over medium heat; reduce heat and simmer 1 minute, stirring constantly.

When loaves are baked, remove from oven and brush immediately with hot cornstarch glaze. Return to oven and bake 2 minutes more. Remove from cookie sheets; let cool completely on wire rack. *(Can be prepared in advance to this point. Wrap well and freeze up to 1 month. Thaw, keeping wrapped, at room temperature, about 3 hours.)* Makes 2 loaves, about 32 ½-inch slic per loaf, about 65 calories ea

T-BAR TEMPTATION CAKE

A spicy applesauce cake laden w chocolate chips and nuts. Yum!

3 cups unsifted all-purpose flour
1½ teaspoons baking soda
1½ teaspoons cinnamon
1 teaspoon salt
¾ teaspoon nutmeg
¼ teaspoon ground cloves
1¼ cups pecan halves
1¾ cups sugar
¾ cup butter or margarine, at room temperature
3 eggs
1½ cups applesauce
1 package (12 oz.) semisweet chocolate pieces
2 tablespoons confectioners' sugar

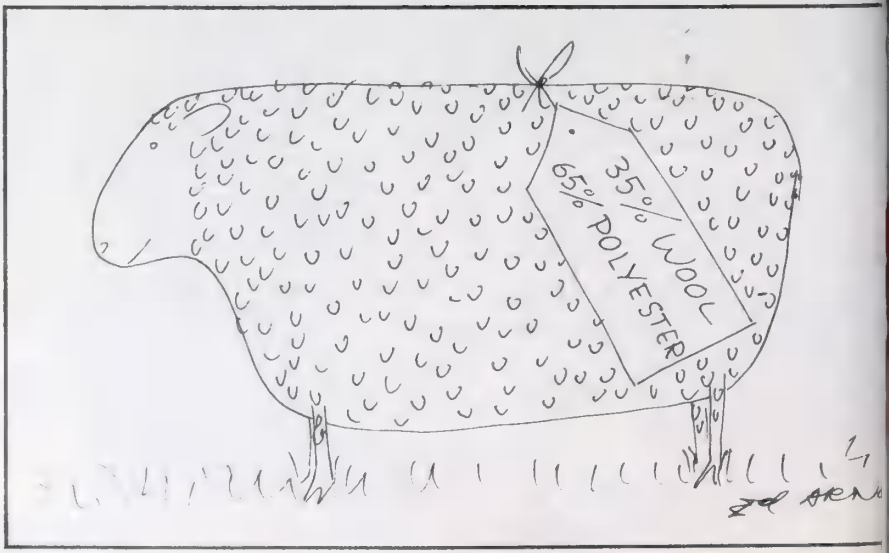
Preheat oven to 350°F. Generou grease and flour a 10-inch tube pan 12-cup Bundt pan; set aside.

In large bowl combine first six ing dients; set aside. Chop ¾ cup pec halves, reserve remaining ½ cup for t

In large mixer bowl with electric m er at medium speed, cream sugar a butter or margarine until light a fluffy, scraping sides of bowl occasi ally. Add eggs, one at a time, beati well after each addition. Reduce spe to low. Add flour mixture alternati with applesauce, beating after each dition just until smooth. Fold in 1 c chocolate pieces and ¾ cup chopp pecans. Pour batter into prepared p Sprinkle remaining chocolate pieces a pecan halves on top of batter. Bake hour or until toothpick inserted in c ter comes out clean.

Place on wire rack; cool 20 minut Loosen around edge with knife; turn onto wire rack and cool complete *(Can be made ahead to this point. W well and freeze up to 1 month. Tha wrapped, at room temperature fo hours.)*

To serve: Sprinkle top with conf tioners' sugar. Makes 16 servings, ab 475 calories each.



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GF
GENERAL FOODS

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CHILI

continued from page 79

HOTHOUSE PORK CHILI

Beer and bacon flavor this chili. NOT for the fainthearte

4 slices bacon, cut into 1-inch pieces
2 cups chopped onions
3 garlic cloves, chopped
3 pounds lean pork shoulder, cut into ½-inch cubes
¼ to ⅓ cup chili powder
1 can (28 oz.) whole tomatoes, mashed
1 cup beer
1 can (4 oz.) chopped green chilies
2 teaspoons salt
1 teaspoon oregano
1 bay leaf
2 cans (16 oz. each) red kidney beans, drained
1 cup pitted ripe olives, halved

In large Dutch oven brown bacon. Add onions and garl sauté until tender. Push to one side, add meat and light brown on all sides. Add chili powder and cook, stirring o casionally, for 2 minutes. Add tomatoes, beer, green chilie salt, oregano and bay leaf. Bring to a boil, reduce heat a simmer uncovered for 1½ hours, stirring occasionally. Ad kidney beans and ripe olives and continue simmering for more hour, stirring occasionally, or until pork is fork tend and sauce has thickened. Discard bay leaf and spoon o fat. *(Can be prepared in advance. Cover and refrigerate to 24 hours. Or, to freeze, spoon into freezer-proof containe freeze up to 2 months. If frozen, thaw in refrigerator ove night. Cook over low heat about 30 minutes, stirring occ sionally until heated through.)* Makes 10 cups, about 3 calories each.



CHILI CON CARNE

This—by consensus—is the LHJ food staff's favorite—althoug our food editor ups the chili powder when she makes it.

2 tablespoons salad oil
3 medium onions, chopped (about 2½ cups)
2 garlic cloves, crushed
2 pounds ground beef
1 can (28 oz.) tomatoes, undrained
1 can (6 oz.) tomato paste
1 can (4 oz.) chopped green chilies
3 tablespoons chili powder
1 tablespoon ground cumin
1 bay leaf
2½ teaspoons salt
6 whole cloves
¼ teaspoon cayenne pepper
2 cans (15 oz. each) red kidney beans, drained

In Dutch oven heat salad oil. Add onions and garlic; sau until tender, about 5 minutes, stirring occasionally. Ad ground beef and cook until browned, breaking up the piec with spoon. Spoon off fat. Add the tomatoes, tomato past chilies and seasonings. Simmer, covered, over low heat, sti ring occasionally, for about 2 hours. Add drained beans chili. Cook just until heated through. *(Can be prepared advance. Cover and refrigerate up to 24 hours. Or, to freez spoon into freezer-proof containers; freeze up to 2 month If frozen, thaw in refrigerator overnight. Cook over low he about 30 minutes, stirring occasionally until heated through* Makes 10 cups, about 325 calories each. *(continue*

LADIES' HOME JOURNAL

WOMEN OF THE YEAR

This year, the Journal's Women of the Year program closes out the seventies with your selection of the ten women you think helped most to shape the decade for the future.

WOMEN OF THE DECADE, 1979

This year, *Ladies' Home Journal* changes the pattern of its traditional awards. Help us select the ten women of the decade from all our past awardees. Since 1973, we have selected a group of women each year, by categories, to be Women of the Year. For 1979, we are rounding out the decade by asking our readers to select the ten women who realistically and symbolically most epitomize the spirit of the seventies. PLEASE CHECK TEN NAMES HERE AND ON THE REVERSE PAGE AND MAIL, BY FEBRUARY 28, TO WOMEN OF THE YEAR, Ladies' Home Journal, 641 Lexington Avenue, New York, N.Y. 10022.

☐ **MARIAN ANDERSON (1977, Creative Arts):** Now in her seventies, Marian Anderson is a singer of worldwide renown who was also a radiant forerunner of black prominence and equality in the arts.

☐ **MAYA ANGELOU (1976, Communications):** Poet, writer, director, producer, actress and commentator, Maya Angelou's artistic achievements have been matched by her strong involvement in black causes.

☐ **VIRGINIA APGAR, M.D. (deceased; 1973, Science & Medicine):** Dr. Apgar, a professor of anesthesiology and pediatrics, made major contributions to medicine in the areas of evaluation and problems of newborn infants.

☐ **ANNE BANCROFT (1978, New Performing Arts):** Acclaimed for her work in film, television and on the stage, Miss Bancroft has received the highest awards in all three media for her stunning performances.

☐ **CAROL BELLAMY (1978, New Politics & Government—Local):** After a dignified, low-budget campaign, Ms. Bellamy scored an upset victory to become president of the New York City Council and the first woman elected to city-wide office in New York.

☐ **BETTYE CALDWELL (1976, Humanitarian & Community Service):** Psychologist and educator, Dr. Caldwell developed an innovative day care project in Little Rock, Ark., serving the complex needs of the children of working parents.

☐ **LIZ CARPENTER (1977, Government & Public Affairs):** Former press secretary for Lady Bird Johnson, reporter and founder of the National Women's Political Caucus, Mrs. Carpenter now expends her considerable energy as co-chairperson for ERAmerica.

☐ **ROSALYNN CARTER (1978, New Social Responsibility):** As an activist First Lady, Mrs. Carter has continued to be a working participant in many areas of government and social concern—making particularly notable contributions in mental health.

☐ **SHIRLEY CHISHOLM (1973, Public Affairs):** Brooklyn-born, Shirley Chisholm became the first black woman elected to Congress and was the first woman of any race to make a serious bid for the presidency.

☐ **RUTH C. CLUSEN (1977, Political Life):** Now Assistant Secretary for Environment, Department of Energy, Mrs. Clusen (a lifelong environmentalist), as former president of the League of Women Voters, was largely responsible for the televising of the 1976 presidential debates.

☐ **NATALIE COLE (1978, The New Music-Popular Artists):** From the time that her first album reached the top of the charts, Natalie Cole has worked to remain at the top—winning three Grammy Awards and selling out concerts around the world.

☐ **JOAN GANZ COONEY (1975, Education):** As the creator of *Sesame Street* and as president of the Children's Television Workshop, Mrs. Cooney has truly revolutionized television for children—proving that it can be used to educate.

☐ **LaRUE C. DIAFORLI (1975, Humanitarian & Community Service):** As the president of a Dallas women's club, Mrs. Diaforli administered a project that has been successful in rehabilitating and returning women prisoners to society.

☐ **ELIZABETH DREW (1977, Communications):** Political journalist, author and television commentator, Ms. Drew has demonstrated the incisive understanding of national politics that has gained her respect in the world of Washington journalism.

☐ **CHRIS EVERT (1978, New Sports Equality):** Top-ranked among women tennis players, Ms. Evert has been a consistent winner of major tournaments since she was 14 years old and is currently the leading money winner among all female athletes.

☐ **BETTY FORD (1976, Inspirational Leadership):** Former First Lady Betty Ford has continued as an inspiration with her courageous and candid disclosures of her own fight with breast cancer and, more recently, of her conquest of alcohol and drug dependence.

☐ **BETTY FURNESS (1976, Business & Economics):** A nationally known and respected consumer advocate in government at the federal, state and local levels, Ms. Furness continues her crusades as Consumer Affairs Director for NBC television in New York.

☐ **NIKKI GIOVANNI (1973, Youth Leadership):** A highly successful poet and lecturer, Nikki Giovanni overcame a background of poverty to become a dynamic symbol of black consciousness and the triumph of young hope.

☐ **KATHARINE GRAHAM (1973, Economy & Business):** President of the Washington Post Company, Mrs. Graham has been cited for her own business achievements and for inspiring other women toward top positions in American corporations.

☐ **ELLA GRASSO (1976, Political Life):** Governor Grasso of Connecticut, twice elected to Congress, was the first woman to be elected governor of a state whose husband did not precede her in the post.

☐ **MARTHA W. GRIFFITHS (1974, Public Affairs):** Former judge and U.S. Representative from the state of Michigan, Mrs. Griffiths is best known as a sponsor of the Equal Rights Amendment among many other bills concerning social reform.

☐ **LaDONNA HARRIS (1973, Human Rights):** An active member of the Comanche Indian tribe, Mrs. Harris is an advocate in many areas of human rights and founder and president of Americans for Indian Opportunity.

☐ **PATRICIA ROBERTS HARRIS (1974, Business & Professions):** Lawyer, former U.S. Ambassador, activist in civil rights and former director of several major corporations, Ms. Harris is currently Secretary of Housing and Urban Development.

☐ **HELEN HAYES (1973, Arts & Humanities):** Multi-award winning actress on stage, screen and television, Miss Hayes continues to be honored for her outstanding contributions to humanitarian causes.

WOMEN OF THE YEAR/DECADE

☐ **DOROTHY I. HEIGHT (1974, Human Rights):** President of the National Council of Negro Women, Vice-Chairman of the Center for Voluntary Action, long-time Y.W.C.A. director, Ms. Height has been recognized many times over for her distinguished service and leadership.

☐ **LILLIAN HELLMAN (1975, Creative Arts):** The memorable work of prize-winning playwright and author, Lillian Hellman, has not only entertained but has also reflected her own considerable integrity and courage.

☐ **KATHARINE HEPBURN (1974, Creative Arts):** Four-time Academy Award winner, Katharine Hepburn herself epitomizes many of the women she has portrayed—women of character, conviction and strength.

☐ **MARGARET HILLIS (1978, The New Music—Classical Artists):** Founder and director of the Chicago Symphony Chorus, Ms. Hillis has been widely recognized for her musical achievements, including her considerable ability as a conductor.

☐ **JEANNE M. HOLM (1975, Government & Diplomacy):** The Armed Forces' first woman major general, Jeanne Holm served as Director of Women in the Air Force and directed the Personnel Council for the Secretary of the Air Force.

☐ **SHIRLEY M. HUFSTEDLER (1976, Government & Diplomacy):** Judge Hufstedler, a long-time advocate of judicial and court reform, became the highest-ranking woman judge in the country upon her 1968 appointment to the U.S. Court of Appeals.

☐ **LADY BIRD JOHNSON (1975, Quality of Life):** Mrs. Johnson has continued to work for the causes that she espoused as First Lady, encouraging conservation and preservation of our country's natural and historic sites.

☐ **BARBARA JORDAN (1975, Political Life):** Former U.S. Congresswoman, lawyer Barbara Jordan scored many "firsts" and many solid achievements in government in the Texas senate and in Congress. She is now teaching at the LBJ School of Public Affairs at the University of Texas.

☐ **ROBERTA S. KARMEL (1978, New Business Leadership):** Securities lawyer Roberta Karmel is the first woman to become a member of the Securities and Exchange Commission, where she now serves.

☐ **BILLIE JEAN KING (1974, Sports):** As a tennis champion and as a magazine publisher, Billie Jean King has become a respected promoter of the role of women in sports.

☐ **MICKI KING (1976, Sports):** Air Force Captain Micki King has won ten A.A.U. diving titles as well as an Olympic gold medal in springboard diving and was the first woman to become a full-time physical education instructor at the U.S. Air Force Academy.

☐ **JUANITA KREPS (1978, New Politics & Government—National):** Scholar, writer, teacher, former vice president of Duke University, Dr. Kreps is the first woman—and the first economist—to serve as Secretary of Commerce.

☐ **ELISABETH KÜBLER-ROSS, M.D. (1977, Science & Research):** Dr. Kübler-Ross, a psychiatrist, defying a medical taboo, has laid open the traumas of dying patients and their families, enlightening the medical profession and often bringing relief to those in stress.

☐ **MARY LASKER (1973, Quality of Life):** One of the great private benefactors of our time, Mrs. Lasker has concentrated her efforts and her philanthropy in the areas of health and medical science and in the beautification of America.

☐ **BARBARA McDONALD (1974, Community Service):** Ms. McDonald created bi-lingual and bi-cultural day care centers run by and for the Rosebud Sioux Indians in order to free parents to develop tribal-owned businesses.

☐ **MARGARET McNAMARA (1977, Education):** Mrs. McNamara is the founder of "Reading is Fundamental," a nationwide grass roots organization that provides children with books they choose, encouraging reading skills and interest in books.

☐ **MARGARET MEAD (1976, Science & Research):** From her early studies of primitive societies to her latest observations of contemporary urban society, Dr. Mead's work has been provocative and enlightening; she is now Curator Emeritus of the American Museum of Natural History in New York City.

☐ **SYLVIA PORTER (1975, Business & Economics):** *Journal* columnist Sylvia Porter has claimed many honors for financial reporting and has been a valuable advisor on finance to government officials, corporation presidents and to American families.

☐ **DIXY LEE RAY (1974, Science & Research):** Dr. Ray, a marine biologist, has served as chairperson of the Atomic Energy Commission and is currently Governor of the state of Washington.

☐ **GLORIA SCOTT (1977, Humanitarian & Community Service):** Past president of the Girl Scouts of the U.S.A., professor of education, Dr. Scott is now vice president of Clark College in Atlanta.

☐ **BEVERLY SILLS (1976, Performing Arts):** Admired as an opera singer and actress in major theaters around the world, Beverly Sills has also become a skillful television hostess and will become co-director of the New York City Opera in 1980.

☐ **ELLEN S. STRAUS (1973, Voluntary Action):** Founder of Call for Action, a nationwide radio "hot line" for citizens with problems, Mrs. Straus has worked to upgrade the status of the volunteer worker. Currently, President, WMCA Straus Communications, Inc.

☐ **HELEN THOMAS (1975, Communications):** Chief of United Press International's White House bureau, Helen Thomas has covered the major events during the past five presidential administrations.

☐ **CICELY TYSON (1978, New Performing Arts-Acting):** An outstanding actress, Miss Tyson has also become a pacesetter for black role models of dignity and worth in dramatic parts.

☐ **BARBARA WALTERS (1974, Communications):** Hailed as a journalist, Miss Walters heads a special reports desk at ABC-TV and continues to interview noteworthy figures in her incisive, inimitable style as well as to appear on special programs.

☐ **ANNIE DODGE WAUNEKA (1976, Educational Leadership):** A member of the Navajo Tribal Council, Ms. Wauneka has been a vigorous crusader for housing and education for Indians and has been a strong advocate of involving more Indian women in tribal affairs.

☐ **ADDIE L. WYATT (1977, Business & Economy):** Mrs. Wyatt has held several significant top positions with her own union, the Amalgamated Meat Cutters and Butcher Workmen of N.A. and was an organizer of the Coalition of Labor Union Women.

☐ **SHEILA YOUNG (1977, Sports):** Winner of an unprecedented three Olympic medals in speed skating, world champion Sheila Young is also a national and world title winner in bicycle racing.

HOW TO PARTICIPATE

Listed on these two pages are all previous *Ladies' Home Journal* Women of the Year, from 1973 to 1978. Please indicate your choices for the ten women of the decade by checking the women who realistically and symbolically most epitomize the spirit of the seventies. To register your choices, tear out this complete page and mail to Women of the Year, 1979, Ladies' Home Journal, 641 Lexington Avenue, New York, N.Y. 10022. All mail must be postmarked no later than February 28, 1979. Decisions will be announced in the spring.

Reminder! Women of the Year ballots must be postmarked no later than February 28, 1979.



CHILI

continued

JAILHOUSE CHILI
pictured on page 78

gend has it that the Texas prison sys- n made such good chili, freed inmates en wrote for the recipe.

ound dry red kidney or pinto beans, washed, drained
ups water
easpoon salt
ablespoons salad oil
ups chopped onions
ounds ground beef
ans (28 oz. each) tomatoes, undrained
an (4 oz.) chopped green chilies
an (6 oz.) tomato paste
ablespoons chili powder
ablespoon salt
easpoon sugar
easpoons ground cumin
teaspoon cayenne pepper
ings: Chopped onions, shredded Cheddar cheese, red pepper flakes, fresh chopped green chilies, vinegar, corn chips

sh beans, drain and place in large cepot. For quick soak method, com- e beans and water; bring to a boil. l 2 minutes. Remove from heat. ver and let stand 1 hour. (Or, cover h water and soak overnight.) Then add 1 teaspoon salt and simmer 1 hour in soaking liquid or until beans are almost tender. Drain and set aside.

Meanwhile, in Dutch oven heat oil. Add onions and sauté until tender. Add ground beef and cook until browned, breaking up pieces with a spoon. Spoon off fat. Add remaining ingredients and beans. Heat to boiling. Reduce heat; simmer, uncovered, for 2 hours, stirring occasionally. *(Can be prepared in advance. Cover and refrigerate up to 24 hours. Or, to freeze, spoon into freezer-proof containers; freeze up to 2 months. If frozen, thaw in refrigerator overnight. Cook over low heat stirring occasionally about 30 to 40 minutes until heated through.)* Makes 12 cups, about 625 calories each.

SAUSAGE-Y CHILI MAC

This mild-flavored chili should be a favorite with the kids.

2 pounds Italian pork sausages removed from casings
1 can (28 or 29 oz.) tomato purée
1 cup cocktail vegetable juice
1 tablespoon chili powder
1 tablespoon paprika
1 teaspoon sugar
1 teaspoon salt
1½ cups elbow macaroni

In a large skillet brown sausages for about 15 minutes, breaking meat apart with a fork. Push meat to one side and discard fat. Add tomato purée, vegetable juice, chili powder, paprika, sugar and salt. Heat to boiling. Reduce heat; cover and simmer for 1 hour. *(Can be prepared in advance. Cover and refrigerate up to 24 hours. Or, spoon into freezer-proof containers; cover and freeze up to 2 months. If frozen, thaw in refrigerator overnight. Heat, stirring occasionally, until hot.)*

Meanwhile, cook macaroni as package label directs. Drain in colander. Stir drained macaroni into sausage chili and continue cooking until heated through, about 5 minutes. Makes 7 cups, about 670 calories each.

HE-MAN BEEF CHILI

Heavy on the garlic and chili powder and absolutely no tomatoes—which is the way some diehards think all *chili should be.*

2 tablespoons shortening
3 pounds lean beef, cut into 1-inch cubes
1 cup chopped onion
8 garlic cloves, crushed
⅓ cup chili powder
2 tablespoons masa harina or 2 tablespoons flour
1 tablespoon ground cumin
2 teaspoons oregano
⅛ teaspoon pepper
3½ cups beef broth
Salt
Hot, cooked rice (optional)

Day before, in Dutch oven melt the shortening. Add meat and *(continued)*

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CHILI

continued

lightly brown on all sides. Add onion garlic, chili powder, masa harina, cumin oregano and pepper and stir to coat the meat. Add beef broth and bring to a boil Cover and reduce heat and cook for about 3 hours. Partially uncover and cook another 1½ to 2 hours or until meat is very tender. Stir frequently the last 30 minutes, shredding the meat. Taste for seasoning, adding salt to taste. Cover and refrigerate up to 24 hours. *(Or, to freeze, spoon into freezer-proof containers. Freeze up to 2 months. If frozen, thaw in refrigerator overnight.)* The next day, remove any congealed fat. Heat before serving, stirring occasionally about 30 minutes. Serve with rice, if desired. Makes 6 cups, about 525 calories per cup.

VEGETARIAN CHILI

A meatless chili that's quite tasty. Dried beans and Cheddar cheese provide the protein.

1 pound dried pinto beans
8 cups water
1 tablespoon plus 1½ teaspoons salt
¼ cup salad oil
1 cup chopped onion
½ cup chopped green pepper
3 garlic cloves, chopped
4 teaspoons chili powder
¼ teaspoon pepper
2 teaspoons Worcestershire sauce
2 cups (8 oz.) shredded sharp Cheddar cheese

Wash beans, drain and place in large saucepot. For quick soak method, combine beans and water; bring to a boil Boil 2 minutes. Remove from heat Cover and let stand 1 hour. Or cover with water and soak overnight.

Then simmer, covered, for 1 hour soaking liquid. Add 1 tablespoon salt and continue cooking for ½ hour or until tender. Reserve 1 cup bean liquid discard the rest.

Preheat oven to 350°F. In medium skillet heat oil. Add onion, green pepper garlic, chili powder, 1½ teaspoons salt and pepper; sauté, stirring often, until onion is tender. In blender container place 1 cup cooked beans, the 1 cup reserved bean liquid and the Worcestershire. Cover and blend until puréed. Stir into remaining beans with the sautéed vegetables. Spoon into a lightly greased 8-inch square baking dish. Cover with foil and bake for 20 minutes. *(Can be prepared in advance. Cool and refrigerate up to 24 hours. Reheat covered, in a 350°F. oven 30 to 40 minutes until completely heated through.)* Remove foil, sprinkle cheese on top and bake for 5 more minutes or until cheese melts. Makes 6 cups, about 555 calories each.



rough rain, sleet and snow, the woman of 1909 always made sure her male got through.



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Delicious Diet

continued from page 84

BRISKET CARBONNADE
pictured on page 84

Light beer adds flavor to this family favorite—a recipe that allows for leftovers.

2¾ lb. lean beef brisket
1 bay leaf
2 medium onions, chopped
⅔ cup catsup
1 can (12 oz.) light beer
1½ teaspoons paprika
¼ teaspoon celery seed
¼ teaspoon pepper

Trim brisket of all visible fat. In Dutch oven or large saucepot, place trimmed brisket and enough water to cover meat. Add bay leaf and simmer, covered, for 1 hour. Drain and remove bay leaf. (Reserve broth for another use.) In Dutch oven add remaining ingredients to brisket and continue to cook, covered, over low heat, basting occasionally, until fork-tender, about 2 hours. Slice and serve. Makes 8 servings, about 235 calories per 3-ounce serving.

Serve with small baked potato, green and waxed beans, half a grapefruit.

CHICKEN ROLLED IN CEREAL
pictured on page 84

An easy lo-cal solution to dinner for the whole family. Removing the skin of the chicken removes calories.

1 2½ to 3 lb. broiler-fryer chicken, cut up
1 cup (2½ oz.) crushed four grain multivitamin cereal (about 2 cups uncrushed)
2 tablespoons freshly chopped parsley
1½ teaspoons salt
½ teaspoon basil
½ teaspoon garlic powder
¼ teaspoon pepper
¼ cup evaporated skimmed milk

Skin chicken and trim fat. Preheat oven to 350°F. Spray a baking pan with a coating of non-stick vegetable cooking spray.

In a pie plate or shallow bowl, mix crushed cereal, parsley, salt, basil, garlic powder and pepper. Pour evaporated milk into another shallow bowl. Dip the chicken pieces into milk, then roll in cereal mixture, coating all sides well. Place chicken in baking pan and bake for 30 minutes. Turn chicken and bake on the other side for an additional 30 minutes. Makes 4 servings, about 225 calories each.

Serve with French-style green beans, mashed potatoes, fresh pear.

BROILED SEA SCALLOPS
pictured on page 84

Dinner in minutes—vermouth adds a special flavor.

½ cup dry vermouth
1 tablespoon salad oil
1 small garlic clove, crushed
¾ teaspoon salt
2 tablespoons chopped parsley
1 pound sea scallops, cut into bite-size pieces (see Ed. Note)
1 tablespoon butter or margarine, melted
½ cup fresh bread crumbs (1 slice)
Paprika

In medium bowl mix vermouth, oil, garlic, salt and parsley. Add scallops and stir; marinate for 1 hour in the refrigerator.

Preheat broiler. Toss melted butter with bread crumbs. Spoon scallops and marinade into a shallow flameproof dish or 4 individual ramekins. Place 2 inches from broiler; broil 3 minutes. Turn scallops, sprinkle on bread crumbs and paprika and broil 3 minutes more. Makes 4 servings, about 200 calories each.

Serve with linguini, sliced zucchini salad, slice of low calorie cake.

Ed. Note: Or, substitute 1 package (1 oz.) frozen fish fillets, partially thawed and cut into 1-inch cubes, for scallops.

OVERNIGHT TUNA-CHEESE SOUFFLÉ

Prepare this the night before; pop into the oven one hour or so before serving.

6 slices thinly sliced bread
3 slices low-fat pasteurized processed cheese
1 tablespoon diet margarine
1 can (7 oz.) water-packed tuna, flaked and drained
2 cups skimmed milk
3 eggs, lightly beaten
2 teaspoons prepared horseradish
1 teaspoon salt
⅛ teaspoon pepper
Dash bottled red pepper sauce

Coat a 1½-quart soufflé dish with a non-stick vegetable cooking spray. Make sandwiches with the bread and cheese, spreading each side of each piece of bread with ½ teaspoon diet margarine. Cut each sandwich into diagonal quarters. Arrange half the sandwiches on bottom of soufflé dish. Cover with flaked tuna, then remaining sandwiches.

In a bowl combine remaining ingredients. Pour over sandwiches in dish. Cover and refrigerate overnight.

Preheat oven to 375°F. Bake 45 to 5 minutes or until golden brown. Makes 6 servings, about 260 calories each.

Serve with cocktail vegetable juice, asparagus spears, unsweetened blueberries with a dollop of plain yogurt. **En**

A WHOLE NEW LIFE

continued from page 54

in a while for a special occasion. It would all be different now.

"Come on, Richie," she called to him. "Time to go."

He came running, light and fast on his feet like his father. Maybe he would be a track man in high school, too. But she could not really imagine him in that distant future, six feet tall and with a deep baritone, this squeaky-voiced boy.

"Now is it almost tomorrow, Mommy?" he asked, breathlessly. "Is it?"

They walked along the hot pavements to their apartment. Except when they crossed the streets, he would not hold her hand.

"I'm a big boy now," he said. "I'm going to school tomorrow."

He would be younger than most of the other children. His birthday came two days after the final date for admission, and he had had to take a special test to qualify. The morning of the test, Nina had gone in to wake him and found him half-dressed, struggling with the shoelaces he had recently learned to tie.

"You don't need to help me," he had said, though she had not planned to try, and then added confidently, "I'm going to *make* that test."

He was a puzzle to Nina's mother. "It's wonderful he's so independent," she said, "but I've never known a child his age that didn't like to be cuddled."

He did sometimes. When he hurt himself. When he was insulted. But not for cuddling's sake. That did not seem puzzling to Nina.

But Nina was a puzzle to her mother, too. She did not disapprove of Nina's working, as long as a mature, competent woman like Mrs. Sweet would take care of Richie after school, but she could not understand her impatience.

"Sometimes, Nina," she had said the past Sunday during their weekly, long-distance phone conversation, "you sound as if you can't wait to get rid of him."

"It's that I can't wait to start my new life," Nina had said, and added, laughing, "anyway, you should hear Richie, if you think I'm impatient. He only stops talking about school when he's asleep."

He was talking about it now, as they walked home from the playground, informing Nina of things he had told her a dozen times before.

"Mommy, listen. There's little chairs and desks in the room, like where I took my test. I'll have my own little chair and desk, just the size of me, and the teacher will have a big one. There's tables, too. Lots of children can sit at the tables and learn their lessons from the teacher—"

She wondered what lessons he thought he was going to learn in kindergarten. He had not said. It was possible that he imagined, in his eagerness, becoming a student of math and social studies and science before first grade.

"After school, Mrs. Sweet will come for me. If she's a little bit late, I'll sit quietly until she comes." He skipped around in front of Nina, walking backwards so he could look up into her face. "In school you always have to sit quietly so you don't disturb other children's lessons."

"Disturb," Nina said. "Don't walk under my feet like that, Richie. I'm going to fall over you."

Tomorrow she would *(continue*

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A WHOLE NEW LIFE

continued

walk alone and free to Dr. Partridge's office, which was not far from their apartment. She would wear a crisp white uniform with a pin bearing her name. *Nina Wilcox, Medical Assistant.* A different identity, a separate person from *Nina Wilcox, Mother,* or *Nina Wilcox, Wife.* She would spend the day among all kinds of people, not just small children and mothers of small children. Sometime the doctor might not be there, and she would be called upon for something beyond the taking of blood pressure or temperature or the administering of tests. Some crucial treatment, maybe, to save a life . . .

"Why are you laughing, Mommy?" Richie demanded.

"I'm laughing at myself for having a silly dream," she told him.

He laughed then, too—a funny little chortle that she loved to hear. "Mommy, listen. You can't have a dream when you aren't asleep."

They all ate together, unless Steve had to work overtime. Except for weekends, it was the only chance for Steve and Richie to be together for any extended period. This evening the excited little boy was irrepressible. Everything Nina had already heard endlessly, she had to hear repeated for Steve.

"Daddy, listen. . . . Daddy, listen . . ."

When Richie was in bed and they were finally alone, they just sat on the sofa, Steve's arm around Nina, her head on his shoulder. There was not much to say.

"Tomorrow's the big day."

"Yes."

"You've waited a long time."

"It doesn't seem long now. It seems—I don't know—sudden."

But how could it seem sudden? More than six years had passed since they had sat here on the sofa and talked it out.

"The decision has to be yours," Steve had said. "It's your life."

She had looked up at him quickly, frowning a little. "*Our* life."

"Well, yes, if you mean that it affects me," he had said in his serious, deliberate way. "If you mean that almost any decision affects us both—"

"This isn't *any* decision, Steve. This is about having a baby."

"No. We agreed on that before we were married. This is about either postponing the work you're trained for, or getting a job now and postponing the baby. Your training, your work. Your life, Nina."

She had sat perfectly still for a moment, not speaking. Only a little past childhood she had begun the long struggle to separate herself from her parents' lives and have a life of her own. Now Steve was thrusting separateness upon her, and she was not sure she wanted it. Separateness from her husband, her love?

"You sound as if you don't care either way," she had said.

"I care whether our life together gives you what you need or keeps you from it."

She had not, right at that moment, understood that he was defining marriage in 16 words. Or, that he was telling her it was possible to be separate and yet connected. But she had felt the sense of it. She had felt a kind of homecoming of her spirit.

The only way she could think to express it was to say to him, "I love you."

She had decided to have the baby right away. She had been afraid that if she went to work first she might never want to leave. Keeping house, though it had its moments, did not entirely enthrall her. She wanted a child, but she was not looking forward to the drudgery and boredom that she knew went along with its early years. Better to get that all behind her before she began the excitement of a career.

She could not, of course, have imagined all of it. Neither the slowness of the days nor the swiftness of the years. Neither Richie's peculiarly infuriating ways nor his utterly enchanting ones. Nor that the end of the long waiting would come upon her—suddenly.

"Tomorrow night I'll have such a lot to tell you," she said to Steve now. "We'll have such a lot to talk about." She grinned up at him. "Something other than playground gossip and Richie's latest cute saying."

"Is that all we ever talked about? And here I thought we'd been conversing on any number of interesting subjects." He shook his head in mock dismay. "I must have been bored silly all these years, without knowing it."

She looked at him carefully. "Steve, say honestly. Would you rather I was staying home?"

The astonishment on his face was a better answer than his words. All he said was, "Don't be an idiot!"

They went to bed early, but it was a long while before Nina could sleep. Richie was up before she was, dressed and ready to go. She had a hard time getting him to eat his breakfast, and she had to force herself to eat hers.

Steve kissed the top of Riche's head. "Have fun in school, Rich."

"School isn't for *fun,* Daddy," Richie said severely.

Nina went to the door with Steve. She kissed him as though she was going away on a long trip.

"Good luck, honey," he said.

"Thanks. I'll need it."

"Not really. You're just what the doctor ordered."

"Sure. Unless I've forgotten ever thing I ever learned," she said lightl "All this housewife-and-mother stu may have atrophied my brain. Wl knows?"

"Yeah." He gave her a pat on tl fanny. "Who knows?"

She went slowly back to the kitch to wash the breakfast dishes. Usual she stowed them in the dishwasher, b this morning she had an unreasonab urge to do them by hand, to polish ea one with the dish towel until it shon

Richie, at the table behind her, w collecting his paraphernalia: a box pencils with his name on them th Steve had bought him; the lunch l would eat at Mrs. Sweet's. For once, l was quiet.

"I guess I'll go," he said finally.

The school was around the corner, streets to cross. Almost every day f weeks they had practiced walking ther so that when the time came he could alone.

"It's a little early," Nina said.

He did not seem to hear her. He we out without saying good-bye. In a m ment she could hear him trudging dov the one flight of stairs to the grou floor.

Nina stood still. She could see her r flection in the mirrored door of a closet a dark, young woman in a stiff, whi uniform and white shoes. As if of itse her hand sprang to her mouth. Sl stared around the empty rooms. Th she ran to the window, started to fling open, but instead pressed her forehe hard against the pane.

Richie was going down the wa in front of the apartment house. H seemed to be counting the cracks in t pavement, moving more and more slo ly. All at once he whirled around a came pelting back.

Nina had the door open. He tore and hurled himself at her with su force that he nearly knocked her ov

"Mommy, listen. I don't think I wa to go to school today."

"I know," she whispered. "Oh, know."

She knelt and held him silently un she felt the thudding of his heart su side.

"I guess you really do want to g don't you?" she said then. "I guess really both want to go."

Pressed tight against her, he w silent.

"What do you say we walk each oth as far as the corner?" she asked him.

After a moment, he nodded. Th went out together, holding hands. the time they got to the corner, he h retrieved his moist little fist and was ing it to wave good-bye to her.

Lovingly, Nina waved back, and we off to her whole new life. Richie we off to his. E

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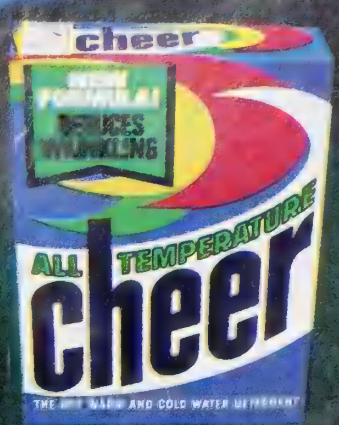


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JANUARY RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchens and advertisements. All have been tested by our home economists.

ENTREES
Belgian Pork with Sauerkraut p. 81
Brisket Carbonnade p. 98
Broiled Sea Scallops p. 98
Carbonnade of Beef p. 86
Chicken Marengo p. 84
Chicken Rolled in Cereal p. 98
Chili Con Carne p. 92
Easy Deep-Dish Pizza p. 39
He-Man Beef Chili p. 95
Hothouse Pork Chili p. 92
Jailhouse Chili p. 95
Mexicanos Tacos p. 85
Noodle-Carrot Toss p. 89
Overnight Tuna-Cheese Soufflé p. 98
Sausage-y Chili Mac p. 95
Simply Elegant Steak and Rice p. 89
Stir-Fried Beef with Broccoli p. 84
Stuffed Shells p. 84
Tuna Rio Grande p. 88
Vegetarian Chili p. 96

MISCELLANEOUS
Beet Variations p. 88
Cross-Country Rarebit Dunk p. 88
Double Rye Twist p. 90
English Muffin Variations p. 88
Glow Wine p. 86
Nutty Chocolate Chews p. 92
Oat Variations p. 88
S'-Baf Temptation Cake p. 90

SALADS
A Touch-of-Spring Salad p. 89
Creamy Tossed Salad p. 95
Sour Cream Dressing p. 95

Baby '79

continued from page 65

John Molloy plays quietly with one of his toys. And odd as it may seem to point to this one chubby baby as a symbol, his experience illustrates, as well as anything can, the profound changes American obstetrics has undergone and the painful dilemma those changes pose for physician and patient alike.

At birth, John had what doctors call a funeucal cord. Put simply, his umbilical cord had somehow slipped around his neck and was slowly strangling him to death. Prior to the advent of fetal monitoring a decade ago, the condition was extremely hard to diagnose, which means, if John had been born in 1962 or even 1968, chances are, he would have ended up as another statistic in the infant mortality charts.

That he didn't is largely due to fetal monitoring, one of the new techniques revolutionizing the American Way of Birth. But just who this revolution ultimately is going to benefit—mother, child and obstetrician—is a matter of considerable controversy. A growing number of consumer groups, natural childbirth advocates, some obstetricians and, of late, politicians like Senators Jacob Javits (New York) and Ted Kennedy (Massachusetts) worry that routinely applying tools like the fetal monitor and ultrasound (an X-ray-like device) may amount to a case of technological overkill. They argue that not every—or even most every—pregnant woman needs these tools. And they worry that, along with analgesics and anesthetics and oxytocic drugs used to induce labor, technology may be endangering thousands of otherwise healthy pregnant women.

The critics are supported by a growing number of American women who are concerned not only about the safety of this new technology, but about its impersonality and its dehumanizing effect on what is supposed to be a supremely human event.

In their own defense, obstetricians point to the last four decades of steady, sometimes spectacular, gains. Among the gains, a dramatic reduction in childbirth risks for mother and child. "There's been a lot of progress in a very short time," declares Dr. Solan Chao, associate clinical professor of Obstetrics and Gynecology at Columbia College of Physicians & Surgeons.

As the most cursory glance at the charts compiled by the National Center of Health Statistics shows, birth has become considerably safer. In 1935, the maternal death rate was 494 women per 100,000; by 1976, the last year for which figures are available, it was down to 12.6 per 100,000. Nearly as dramatic is the decline in infant mortality. In 1950, 29 out of every 1,000 babies died during the first year of life. As of April, 1978, it stands at 13.8 deaths per 1,000, down over six percentage points from 1977.

But just how much credit obstetrics and its technology deserve for these declines isn't at all clear. And therein lies the nub of the controversy. In instances where the medical risks are obvious—that is, in cases where the mother has a history of illness or the fetus is in noticeable distress—the numbers are unequivocal. The new technology *(continued)*



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Baby '79

continued

as performed brilliantly. But when one rns to a Maureen Molloy—to a nor- al, healthy woman who has had an neventful pregnancy—the risk-benefit tios grow murkier. In hindsight, the cision to use technology in Maureen's se was clearly the right one. But if the intout had been wrong or misread— d in some studies external fetal mon- oring has been found wrong in as uch as 43 to 66 percent of the time— aureen would have needlessly under- one a cesarean, a procedure that ma- rially increased her risk of infection d death. (The mortality rate for sec- ons is four times higher than that for ginal births.)

For John Molloy, the effects of the esthetic used in surgery and, earlier, his mother's pregnancy, the ultra- und examination, still are unknown. hn Molloy is normal now, but if or- nic brain damage is found when he's x, his parents will have to live with the owledge that, without the anesthetic ultrasound, he might have turned out fferently.

This dilemma is why Dr. John B. ranklin, medical director of Booth Ma- rnity Center in Philadelphia, calls the re and treatment of the healthy, preg- nt woman "the great battleground" in merican obstetrics today. "Do we treat r as sick until proven well," he asks, r well until proven sick?"

Dr. Emanuel A. Friedman, professor of Obstetrics and Gynecology at Harvard Medical School and Obstetrician-Gynecologist-in-Chief at Beth Israel Hospital in Boston, thinks the healthy, pregnant woman can benefit from much of the new technology. "I can't prove that with numbers," he says. "But I'm sure they do." Doris Haire, president of the International Childbirth Education Association, is just as sure they don't. Indeed, she charges that: "The routine application of birth technology is one of the—if not *the*—leading cause of illness among normal, healthy women during pregnancy, labor and delivery."

These views make up the current debate over four techniques and their routine use in obstetrics. They are:

- **Fetal Monitoring.** Designed to signal fetal distress—a condition that may result in brain damage or death—monitoring works *externally* via sensors strapped to the mother's abdomen or *internally* by attaching an electrode to the fetal scalp. The external method is safe but not very accurate. The internal method is more accurate but not entirely safe—maternal infection being a not uncommon complication. Both methods currently are very controversial.

Obstetricians claim monitoring permits them to spot fetal distress early and to intervene by cesarean before the baby has been badly injured. Critics say that inaccurate or misinterpreted data from the fetal monitor lead to many unnecessary sections.

The section rate *has* risen dramatically. In 1958, two to four percent of American women delivered by cesarean; today the figure is ten to 15 percent. Monitoring, say the foes of high technology, is responsible. *(continued)*



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Baby '79

continued

Results from a University of Colorado study seem to support their charge. Comparing two groups of high-risk women, one group monitored manually by stethoscope, the other electronically, the investigators found that the section rate for the electronically monitored group was twice as high as that for the women who had been monitored by stethoscope.

However, a more recent, larger and, perhaps, more accurate reflection of the state of the monitoring art is a study by Dr. Friedman and his colleagues at Beth Israel Hospital. "We found a very clear benefit-risk ratio and, proportionally, it was very neat. In the highest risk group, as many as one hundred and nine lives might be saved for every thousand babies monitored; in the next highest group, as many as forty-three lives." But by the time the team worked down to the lowest risk women, the benefit-risk ratio disappeared in a sea of decimal points. "We couldn't demonstrate a clear value for monitoring in this group. At the most, and let me underline that at the most, the procedure might save one out of every one thousand babies monitored." That means, at the very least, 999 other babies will have been subjected to a test they didn't need. But for all that, Dr. Friedman still thinks monitoring makes sense even for the lowest risk woman. "If we can save one life," he says, "the procedure is worth it."

How does a woman weigh this admittedly slim statistical advantage against the still uncalculated but very real risk of infection if the internal monitor is used, and the risk of an unnecessary section if the external monitor is misread? "For the low-risk woman, it comes down to a question of informed consent," says Dr. Friedman. "I personally believe she's g to benefit, but the numbers aren't there, so I can't stro urge that she allow monitoring. She has to weigh the haz and advantages and, with her obstetrician's help, come decision."

- **Ultrasound.** Also a diagnostic technique, ultrasound is routinely to date pregnancies and to diagnose fetal abnor ties *in utero*. Ultrasound's "live" images of the fetus are cl and more comprehensive than those produced by any device. But the question remains: Is it safe? Obstetri have been so quick to make it a routine part of their pra that there hasn't been time to answer that question by ducting large-scale studies.

And this worries critics. Afraid that, like X-rays, sound's dangers will be discovered after the fact, they restrictions on its use until more data is available. They to several animal studies, which show the technique can tissue and nerve damage, as good reason for caution.

Ultrasound has been used so widely already, argue sicians, that if there were any hazards, they surely would surfaced by now.

Somewhere in the middle is Melvin Stratmeyer, P project manager for ultrasound at the Bureau of Radio Health. His department is now organizing a major stu ultrasound at Denver General Hospital. "Until findings the study are available," he says, "we won't have any clusive answers about ultrasound's safety."

He thinks questions about how and when the device sl be used are premature. "Right now," he says, "all I ca you is what happened in my own case. When my wife pregnant, her doctor asked if I had any objections to sound. I said no, if there was a clear medical indicatio the test, it was fine with me."

- **Elective Induction.** Elective, in this case, means for venience only." A birth is scheduled for a particular day

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physician intervenes to bring about labor. An increasing number of obstetricians, as well as their critics, wonder whether convenience alone justifies exposing a perfectly healthy fetus to the well-documented risks associated with this procedure.

A principal risk is prematurity and, more often than not, prematurity is an iatrogenic (doctor-caused) problem, as a recent study by Drs. Robert L. Goldenberg and Kathleen Nelson shows. Reviewing 100 cases of respiratory distress syndrome (RDS), one of the most frequent and deadly consequences of prematurity, at Yale-New Haven Hospital, the two concluded that definitely 15 percent of the RDS cases and possibly another 18 percent were the result of "untimely ... unwarranted physician intervention." Doctors, in other words, misjudged fetal age and induced labor before the fetus reached full term.

Oxytocin, the drug most often used to bring on labor, is also a concern. In normal labor, the mother's spaced contractions allow sufficient time for her oxygen-rich blood to pass through the placenta to the fetus. But oxytocin adds a wild card to the process.

"Every fetus reacts differently to it," says Dr. Edward Lowe, director of Clinical Obstetrics at Columbia Presbyterian Medical Center. "You can't predict who's going to take off and do nicely and who's going to have a tetanic [prolonged] contraction, during which time the fetus might suffer brain damage, possibly even die from lack of oxygen." Given the risks, many obstetricians have either abandoned or severely curtailed their use of the drug, and those who haven't now answer to the Food and Drug Administration, which recently ordered that oxytocin's package carry a warning against its use in inducing labor solely for convenience.

Elective induction appears to be on the decline, largely because more and more obstetricians no longer feel it constitutes sound medical practice. That is not true, however, for medical inductions. "If a mother is diabetic, hypertensive, seriously past term or has another medical problem that endangers her or her child, then the risks of induction are well worth taking," says Dr. Fredrick D. Frigoletto, director of Obstetrics at the Boston Hospital for Women and an associate professor of Obstetrics and Gynecology at Harvard Medical School. "In her case, the hazards of induction are more than outweighed by the advantage of predictability: You know she will be delivering at a time and place where all the necessary care and equipment is immediately available."

- **Analgesics and anesthetics.** The indiscriminate use of drugs in these categories has obstetricians every bit as concerned as their critics. For all the rhetoric about natural childbirth, only ten to 20 percent of American women have completely drug-free births. Although the agents now in use—most commonly, local anesthetics like epidural or paracervical (saddle) block and analgesics like meperidine—are safer than anything that preceded them, they still remain hazardous.

How hazardous is illustrated by the results of a recent study by psychologist Yvonne Brackbill, Ph.D. of the University of Florida. She compared the motor skills of 49 youngsters whose mothers were given meperidine or another drug during delivery against a control group of children whose mothers had been unmedicated. In every area tested, she reports, the unmedicated youngsters out-performed their medicated counterparts. Two other recent studies, one on epidural anesthetics and the other on paracervical block, show that both agents cause severe changes in fetal heart rate. Such changes may indicate the fetus's oxygen supply is impaired, exposing him to the risk of neurological damage and, in extreme cases, even death.

High-risk drugs are one thing. "But ultimately, the decision to take or not to take a low-risk agent has to be made by the woman herself," says Dr. Joseph Schulman, head of Human Genetics at the National Institute of *(continued)*



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Baby '79

continued

ld Health and Human Development. hat I owe her—what any physician s her—is a clear explanation of those s, however minimal."

mplicit in the concerns raised by se procedures is the much larger stion of what the American Way of h should be: A medical event con- ted with impersonal, computer-like iency, or a normal physiological nt that, on occasion, may require lical assistance? From a psychologi- as well as a physiological standpoint, second alternative is obviously the ferable one—for everybody. "In the t of all possible worlds," declares Dr. z Fuchs, Obstetrician and Gynecolo- -in-Chief at New York Hospital, "my would be to sit on a stool and catch baby. But things do go wrong. That's I'm paid to be there; for what I can if an emergency arises."

Even those obstetricians who would fer to avoid the technology can't be- se of the malpractice threat. "There uch a blind belief in technology in United States," says Andre E. Hel- rs, M.D., director of the Kennedy itute of Ethics, "that not to apply it n indication of malpractice vulnera- ty—as a doctor you haven't done rything you could."

n current parlance, "everything you ld" most often translates to an im- sonal delivery in a room that has all warmth and comfort of an airline minal. And as the popularity of mid- es, home deliveries and the Lamaze Leboyer methods make clear, a lot along the line, American obstetrics either lost or misplaced the emotional component of birth," says Niles Newton, Ph.D., professor of psychology at Northwestern University Medical School in Chicago. "And," she adds, "it has turned many women off."

Masha Gologor, 35, a former teacher and mother of two young sons, is a case in point. Entering her living room, coffee in one hand and cookies in the other, five-year-old Matthew in front of her, three-year-old Benjamin behind her, she exudes an air of unflappable authority common to generals of armies and mothers of young boys.

Matthew, she explains in a voice that has the faintest suggestion of sandpaper at its bottom, was delivered by an obstetrician; Benjamin, the younger of the two, by a midwife. Both deliveries were in a hospital, but the midwife, Masha says, made a difference. "Toward the end of my labor, while I was pushing, she leaned over and said, 'Help push your baby out.' She used the word 'baby' and she kept using it. The doctor had just said, 'Push, keep pushing.' He made what I was doing seem so mechanical. The word 'baby' made it real. It reminded me that I wasn't there pushing as an abstract exercise. There was a real baby trying to come out.

"What bothered me, though, was having my baby whisked away immediately. This happened with both boys. But after this guy was born," she says, leaning over to tuck Benjamin's T-shirt back into his jeans, "I was still wide awake and I wanted to hold him for a while. But they wheeled me right back to my room, which was unlit (my roommate was trying to sleep and didn't want the light on) and after some phone calls, there was no one to talk to. So there I was, thirty minutes after having a baby, sitting in a dark room, alone, with nothing to console me but a bag of lollipops I had brought along. I felt terrible."

So have many other women. And there's evidence that their unhappiness over such separations—which are routine in many hospitals, even those where a midwife presides over delivery—has a more than temporary effect. In a now classic study, Drs. Marshall Klaus and John Kennel of Case Western Reserve University, Cleveland, demonstrated that immediate separations after birth may have a lasting influence on how mother and child relate to each other.

A month after delivery, mothers who had stayed with their babies several hours after birth were physically and emotionally more intimate with their children than mothers who had had only routine contact with their infants. Examining the groups again a year, then two years later, the researchers found the differences persisted. At two years, for instance, the long-contact mothers asked their youngsters twice as many questions and issued fewer commands than the routine-contact mothers.

"We're paying a human price for high-powered technology and methods," concedes Dr. Edward Bowe, director of Clinical Obstetrics at Columbia Presbyterian Medical Center. But what worries Dr. Bowe even more is the still higher price some women may be paying. "Many have turned to nineteenth-century practices, like home deliveries, which is not only damn foolishness but dangerous." Dr. Friedman agrees. "What we're seeing now is the substitution of one set of dogmas for another."

The automatic equation of natural childbirth with all that is *(continued)*





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Flavor
REAL SOUP IN AN INSTANT

sometimes in a specially set aside birthing room. Other part of a well-equipped clinic.

One great advantage to the centers is cost. By disper with unnecessary procedures, such as a mandatory e otomy, they reduce the childbirth bill by an average o percent.

Unquestionably, however, their biggest advantage psychological one. Barbara Harding, one of the first mo to use the center at the Boston Hospital for Women, f that it made an enormous difference in her labor and deli "With my first child," she says, "I was very upset with al shuffling around. They moved me from a labor room delivery room to a recovery room full of screaming pati For a month afterward, I was a wreck physically and tionally."

On the recommendation of her obstetrician, Mrs. Har elected to have her second child at the center. "Everyt was so much more peaceful the second time. There wer machines all around me, my husband was able to stay me, and I was able to keep the baby with me several h after delivery."

Even the way she labored seemed to be affected by tranquility of her surroundings. "It went much easier. A ward, I couldn't believe how great I felt."

This is perhaps what Dr. Atef Moawad, Chief of Obste at Chicago Lying-In, University of Chicago Hospital, h mind when he says: "We, as physicians, have an oblig to make delivery more human and our hospital mate wards more humane."

Childbirth, statistics show, is becoming increasingly for mother and child. The goal now is to make it emotio more satisfying as well.

LIPTON. THE MOST DELICIOUS TASTE IN SOUP!

Baby '79

continued

good, wise, healthy and morally superior is just as wrong-headed and just as lacking in substantiating data as some obstetrical practices. "Remember," says Dr. Schulman, "before modern medicine women died left and right in childbirth just because their pelvises happened to be a quarter of an inch or a half inch too small. They labored until they finally died from exhaustion or bleeding.

"My point is, nature is neither good nor bad, just neutral and that often means uncaring of the individual. I think we—obstetricians—have done a fantastic job of reducing the natural hazards of childbirth."

"The heritage of obstetrics" adds Dr. Friedman, "is taking a good thing and making it better."

A case in point is family-centered birthing centers. Recently endorsed by the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, the American Nurses Association and the American College of Nurse Midwives, the centers offer the best of both worlds: a natural, family-centered birth with up-to-date technology immediately available if necessary.

"Childbearing centers provide parents with a secure environment free of protocol and prescriptions," says Dr. Loel Fenwick, a Spokane, Washington, obstetrician and one of the pioneers in the family-centered movement. "But they retain the capability for emergency intervention."

Because the centers are new, no one knows precisely how

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Journal Shopping Center

PATTERN INFORMATION AND BACKVIEWS FASHION: AMERICAN FRONTIER

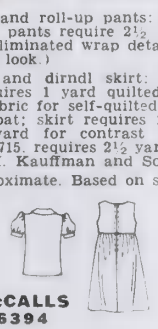
PAGE 74: Girls jumper and blouse: McCALLS #6394; girls sizes 4-10. Jumper requires $1\frac{5}{8}$ yards, blouse requires 1 yard, both of 45" fabric, based on size 8.

PAGE 75: 2 piece prairie dress: McCALLS #6267; requires 7 yards, contrasting trim $\frac{3}{4}$ yard, both 45" fabric. (We added ruffle for prairie look.) Cavalry shirt and full skirt: VOGUE #2078; shirt requires 2 yards of 60" fabric, skirt requires 4 yards, 45" fabric.

PAGE 76: Shirt and roll-up pants: SIMPLICITY #8799; shirt and pants require $2\frac{1}{2}$ yards each of 45" fabric. (We eliminated wrap detail and used a belt for Western look.)

PAGE 77: Vest and dirndl skirt: SIMPLICITY #8869; vest requires 1 yard quilted fabric (45") or 2 yards 45" fabric for self-quilted version, plus 1 yard quilting bat; skirt requires $2\frac{1}{2}$ yards 45" fabric, plus 1 yard for contrast ruffle. Shirt: SIMPLICITY #8715, requires $2\frac{1}{2}$ yards 45" fabric. Horse's halter. H. Kauffman and Sons.

All yardage approximate. Based on size 10, unless otherwise noted.



McCALLS 6394



McCALLS 6267



VOGUE 2078



SIMPLICITY 8799



SIMPLICITY 8715

SIMPLICITY 8869

SEX SYMBOLS

continued from page 58

ymbols of 1959: Elvis Presley, Gregory eck, James Dean (whose cult began ter his death), Charlton Heston, Rock udson, Paul Newman, Marlon Bran-, Harry Belafonte, Frank Sinatra and ary Grant.

Before the irate fans of missing idols nd in telegrams, I hasten to add an planatory note. Also-rans in the 1959 veepstakes and the reasons for their sence, would include: William Hol-n and Robert Stack, their sexual mag-tism remembered primarily for one eamy picture each, respectively *Picnic* d *Written on the Wind;* Burt Lan-ster, Robert Mitchum, Kirk Douglas d Robert Ryan, who as tortured ac-on heroes never quite became sex lols; Clark Gable and Gary Cooper ho were legends and role models for the stars of '59 but no longer active luminaries; the perennially popular but not precisely sexy John Wayne; Steve McQueen, a cool, dark horse on television's *Wanted—Dead or Alive* but not yet a national figure; and the almost-made-it, borderline idols Tab Hunter, Troy Donahue and Robert Wagner.

Tab Hunter sexy? Yes, in the loosest sense of the word, which was the only permissible sense in those days. Remember, those were the innocent fifties when if we well-bred teen-agers so much as necked on the first date, we ran the risk of being branded with the scarlet letter "F" for Fast, and losing our status as marriageable Nice Girls.

Our idols reflected the puritanism of the period. I myself was enchanted by the repressed, held-back romanticism of Gregory Peck and Rock Hudson, and by the sophisticated sex appeal of Cary Grant. My mother, too. In fact, it was the last time we would share fantasies, for that crevice known as the Generation Gap was coming between us.

The seams were already beginning to split and divide the fifties into establishment and anti-establishment stars. On the one side were Grant, Peck and Hudson, who wore suits and acted like grownups; on the other, the rebel heroes who defined themselves—and their followers—by their defiance of the approved adult values. Grant, Peck and Hudson would woo us, marry us and bring us back into the fold. Heston might not marry us but he wouldn't seduce us and leave us, either. Even Sinatra's appeal was of sex withheld. His smooth, mellifluous voice promised romance—the courting period rather than the consummation.

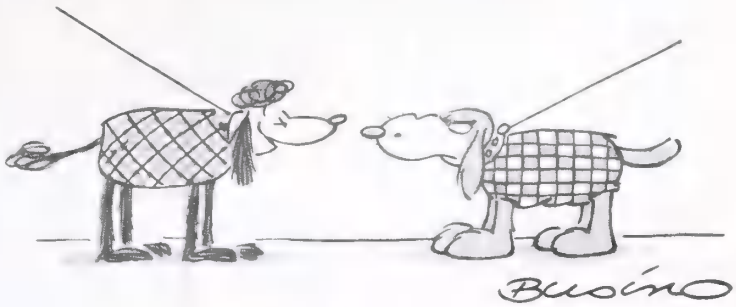
On the other side were the youthful rebel figures: Brando and Dean invited us to share secret worlds of intimacy where we could be young forever. But even as they led us away from adult society, their appeal was romantic, a cry of vulnerability. Brando taking Eva Marie Saint's glove in *On the Waterfront* and stroking each finger. Dean, the crushed and wounded brother in *East of Eden* tentatively baring his soul to Julie Harris on the Ferris wheel.

These were images that could fuel a lifetime of fantasies but they had little to do with explicit sexuality. It was Elvis, of course, who brought sex out of the closet and into the living room. Or almost. In 1957, Elvis appeared on the *Ed Sullivan Show*, but only from the waist up. The camera censored his pelvic gyrations by simply blocking them out, an action that would be unthinkable today. Can you imagine John Travolta appearing on Johnny Carson's show, and a straight-laced camera filming only his shoulders? What is Travolta without the famous hips that saunter suggestively down the streets?

In the sixties and early seventies, long hair and unisex won out over astronaut apple-pie sex appeal. Ethnic types like Al Pacino, Dustin Hoffman and Richard Dreyfuss, who would have been character actors in earlier times, were romantic leads. Like Woody Allen, they represented a more intellectual type of man, appropriate partner to the serious seventies woman. In an almost comical reversal of the old nice girl/fast girl dichotomy, whereby men divided women into sex objects and marriageable maidens, women now have their own version: sex versus soul.

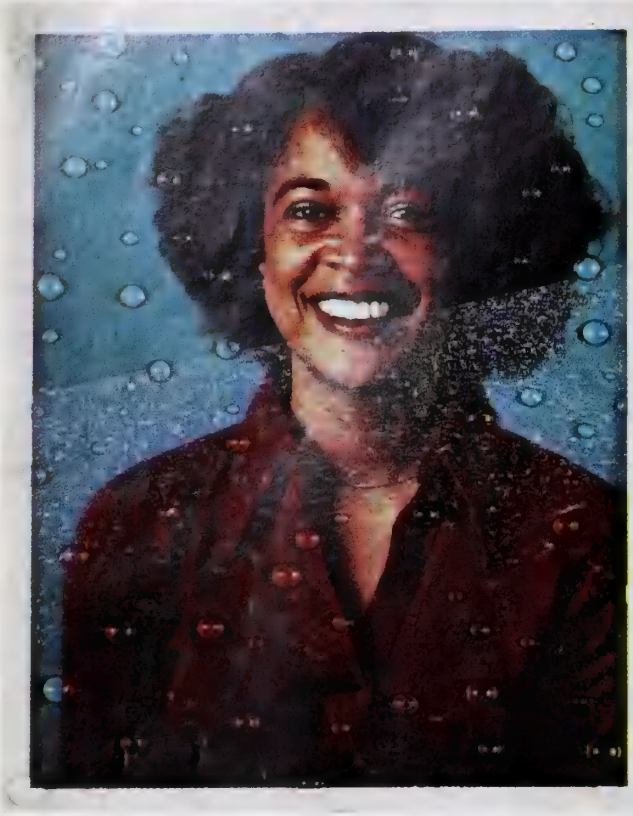
Then and now, old-fashioned or new, there is one indispensable quality all sex idols share. Call it sincerity, or soul, it is conveyed by their eyes, a sense that they are speaking to each of us alone, clearly and directly, and speaking the truth.

But this truth itself is largely an illusion and in the old days actors were permitted to sustain it with all the protective coloring Hollywood could offer. Glamour, artifice, mystique—all the cosmetic props that were banished in the sincere sixties—allowed for a certain facade that was necessary for the manufacturing of dreams. The deglamorizing process—television talk shows in which actors are given enough conversational rope to hang themselves, gossip columns and biographies that "tell all"—has stripped the stars of their facades. They not only had masks then; they had secrets. If a certain star wasn't heterosexual, we didn't want to know. The biography of Montgomery Clift was a revelation. There were many things about him that we weren't aware *(continued)*



"Say, isn't that last year's jacket?"

Zestimonial.



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Linda Jackson



The above sentences are excerpts taken from hidden camera interviews of Linda Jackson. At that time, we asked her to bathe pictures of herself, like the ones above, in her favorite soap and Zest®. We also asked her to try Zest at home. She found out Zest made her feel cleaner than her soap.

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READ AND FOLLOW LABEL DIRECTIONS.

SEX SYMBOLS

continued

, whereas it is hard to imagine a biog-phy of Reynolds or Travolta that uld tell us anything new.

We have grown cynical, and our stars flect it. Warren Beatty's angelic inno-nce as depicted in the poster ad for *eaven Can Wait*, is clearly ironic. We ow him to be charming, but in a cal-lating way, and it may even be the rewdness of his technique rather than s native attractiveness that turns us . For better or worse, we see more early now what separates our idols om the masses. We kiss with open eyes.

As one woman psychiatrist put it, Vomen no longer feel the same need look up to men. As we gain confi-nce in ourselves, we begin to select partners—fantasy or otherwise—men ho will be our equals, men we can re-te to.

"It represents a healthier attitude," e went on. "Women are freer to re-ond to different kinds of men, men for fferent occasions, so to speak. Younger en, athletes and so on. And to do so ayfully as well as seriously."

Given the more realistic, anti-roman-attitudes prevalent today, the won-r is not that there are so few idols, but at there are so many who survive the harsh glare of realism. Political pinups, for example, would seem to be ruled out by post-Watergate revulsion. Yet California Governor Jerry Brown appears to be gaining ground as the heir apparent to the Kennedy crown. Conversely, movie stars of the seventies are much more politically involved. Along with the ecology-obsessed Redford, the Eros-obsessed Beatty balances his man-of-the-world act by being a man *in* the world. Stars can no longer afford just to *be* pretty, they must *do* pretty.

But whatever they do, their reigns as celebrities are becoming briefer. Perhaps it is the very nature of sex symbols to be ephemeral—the white heat of passion burns out more quickly than the long, low flame of romance. That may be why we depose our gods with a fickleness we would have been ashamed of 20 years ago. We stuck with Grant, Hudson, Newman for decades, but who talks now about last year's celebrities? And how long will Travolta last?

Who of the current crop will continue to enchant us in 1980, and—oh, so long hence—1981? Everyone's entitled to pick a favorite, but it will depend less on personal tastes than who gets the right project, who's dropped from the lineup. In my own crystal ball I see James Garner and Chevy Chase.

Both men are good at what they do, and exert a kind of old-fashioned authority, welcome to women who are perhaps just a little tired of the male softies and crybabies of the let-it-all-hang-out decade. These two stars keep something in reserve and that, in a world of minimal privacy and maximum exposure, could drive a female crazy. **End**

Stars Choose Favorites

my brother, Warren Beatty, of course. Why should I be different from other women?"

Martina Navratilova: *"Jim Brown. He's got it all—the best body, intelligence, a great personality; and he's an excellent actor and athlete."*

Jaclyn Smith: *"Dennis Cole, my husband. He's strong and handsome. But he's also tender."*

Diane Von Furstenberg: *"I pick California Governor Jerry Brown. Because he has power and uses it well—and he's mysterious."*

Dolly Parton: *"Johnny Carson. He looks like a slick city boy, but underneath he's vulnerable. He has humor, sympatico and is very handsome. And the twinkle in his eyes makes you feel all woman."*

Karen Grassle: *"Anwar Sadat. He's the sexiest because he's gutsy, takes risks and yet, with all of that, has a spiritual face."*—KATHY LARKIN and HELEN WELLER

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Spending Your Money

continued from page 20

Say, you send a check to your aged other every month to help pay her ls. By adding MORE to her checks in e remaining months of 1979, you ac-ally come out ahead when you take xes into account.

You can get a dependency deduction your mother if (1) she has a gross come of less than $1,000 in '79, and) you provide more than half her sup-rt. In addition, you can deduct your other's medical expenses on your re-rn if you pay them *and* provide more an half her support.

To suggest how a few extra dollars in pport can make a big difference to u, say that last year your mother got cial Security benefits of $3,500 and d no other income. You, her daughter, ovided $3,400 for her support, includ-g paying $1,000 in medical bills that ur mother had incurred. You support-your mother with $3,400—but re-ived absolutely *no tax benefit*. You got dependency or medical deduction, you didn't provide more than half ur mother's support. Your mother's rsonal exemption was of no value to r, for she had no taxable income from hich to deduct it.

Now it's 1979 and you raise your an-al support figure to more than $3,600. l other facts remain the same. You get e dependency deduction and the med-l expense deduction, because you ovide more than half your mother's sup-rt. By paying this minor extra amount, u pick up $2,000 in deductions.

Tax action now: If you're supporting relative, figure up right away how uch you will be providing in support yments during 1979—and how much ur relative will get from other sources. u may find that adding just a few dol-s to your share between now and ar-end will put you over the half-pport mark and lock in your extra de-ctions. Don't delay.

SOME UNANTICIPATED DEDUCTIONS

Millions of taxpayers still do not realize that under a generous IRS ruling, your outlays for autos, TV sets and other capital equipment can now help you meet the more-than-one-half-support rule essential if you are to claim a dependency deduction.

A typical situation: Your son is a college student who earns $3,000 this year. You provide $2,000 for the rest of his support. You also buy him a used car for $2,500 as a birthday gift. Until recently, a dependency deduction for your son was out of the question, as the IRS interpreted it. You provided only 40 percent of his current living expenses. Now, the deduction is all yours because the $2,500 car gift counts as support you provide, along with the $2,000 in cash support, and amounts to more than the $3,000 your son earns.

In general, a dependent's income must be less than $1,000 in 1979. But that doesn't affect your deduction for your son. The income limit does not apply to a child who is under age 19 or a full-time student. Even if you finance the car you buy for your son by putting up only $500 of the total $2,500 cost this year, you do not lose out on a dependency deduction for your son. For another break you get is that what you provide as support counts as soon as it's received—not when you actually pay for it. As long as your son gets the car this year, the entire $2,500 counts as support you are giving him in 1979. But, as is the case with most tax breaks, you only can take advantage of them if you handle matters right—and on time.

Say you give your college-age daughter a TV set, which she takes away to college. The TV set then counts as support you provide for your daughter. But if your daughter leaves the set at home and the whole family uses it, then the TV set becomes an item of family use. The result here is that the cost of the TV set doesn't count for dependency purposes, for it isn't for the exclusive use of your child. **End**



"Sometimes, I wish you'd never discovered fire. I hate to cook."

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TAKING THE CHANCE

continued from page 67

leal they were missing. Her van was packed with enough ancy equipment to get her up to Mt. Everest and back. Her eal concern, though, had to do with her ability to interpret he instructions on the gear in order to get some use from it. She supposed there would be long hours in the evenings to igure out how to inflate the air mattresses, set up the tent, ight the lantern. Actually, she was just beginning to feel retty comfortable about lighting the pilot on the kitchen tove. Hadn't exploded yet, eyebrows still intact; lantern hould be a cinch.

Last night she and the boys had set up the portable stove, nd gone over the procedure, step by step, by which to pump he gas up, strike the match, light the burners. She wished ier arms were 12 feet long whenever she had to do anything vith matches and gas. As a child she had been terrified every ime her father had been summoned by her fearful mother o light the oven. With warning in his voice, he would call ut to everyone in the room, "Okay, step back now, turn your aces away and cover your eyes."

During her childhood, to survive the hour before dinner very night had seemed a miracle each time. She always ex- ected, like Dorothy in the Wizard of Oz, to be blown hrough the roof of her house and fly topsy-turvy through he heavens.

It wasn't only coping with the equipment that worried her, ut something more basic, more deadly. Could she really nanage on a trip with the dirge of years of caution in her ars: "You can't do that . . . you might get sick . . . you might get hurt . . . you might get wet . . . you might get lost . . . you night get pregnant."

What had her parents been thinking? When finally they ad to let her go *somewhere*, to school at the very least, they iled it on till she was drowning— "Look both ways when you ross the street. Don't talk to strangers. Take a dime in case ou have to call home in an emergency. Take a sweater in ase it gets chilly, maybe a raincoat, too—it's getting over- ast." It seemed to Raney now that they must have laid this oad on her to free themselves of guilt just in case she did ctually one day get wet and catch a cold. Or, God forbid, neumonia. When her father left for work and her mother aid, "Drive carefully," did it mean, "If you get killed it won't e my fault, I've warned you"? It was incredible to think bout. Would her father have consciously driven *uncare- ully*? Or was it, she thought more charitably, that her mother ad been imprinted with fear of loss by *her* mother, estab- ishing a pattern?

The anger that accompanied so many of her memories nade her take her list from the night table, and go down it nce again. She was going. For sure. No last minute change f heart, the trip had begun although they were all still in heir pajamas.

She must remember to take the boys' bathing suits off the ence. It had been hot yesterday, and they'd been swimming t the community center. At least they were both good swim- ners—she'd seen to it that they had proper lessons. When *he* was ten, she'd been invited to an end-of-the-year swim arty at the house of a classmate. The entire fourth grade lass was going. But not she. There were endless questions rom her parents: "How many adults will be there? How nany teachers? What if someone pushes you in the pool? ou can barely dog paddle. No one is looking out for you, Raney. You could be on the bottom for half an hour and no ne would notice." She often wondered what they were hinking—that she was trying out for a lifeguard position? She was only trying out for life!

One of the few decent things Bill had done for her was old her back when Jimmy, at age four, had *(continued)*



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TAKING THE CHANCE

continued

made tracks for the tallest tree in the park. "What are you going to say to him, Raney? Only climb on the benches, the fall will be minimal?" She'd watched her son plant one foot in front of the other until his head was lost in all that growth. She wrapped herself around the fear as the branches shook under his weight coming down.

"Listen, Raney," Bill had said. "If ten thousand kids learn how to climb trees, and one breaks his arm in the process, it's worth it for those other nine thousand, nine hundred, ninety-nine to learn how to climb."

"What if that one kid is yours?" she asked him.

"It's okay," he said. "I'll accept that if I have to."

The trouble was there were so many things Bill could accept that she could not. "You always want to be safe," he said. "You *are* safe, as safe as anyone who is alive can be. Now why can't you enjoy life for what it is . . . a hazardous but glorious adventure?"

But she could not. She could not live Bill's loosely structured ways, his casual attitude toward everything—no seat belts in the car, risky investments he made on tips he got from strangers, strange friends whose ideas appalled her, but simply amused him. He was patient with her, but she knew it was patience and forbearance, and that made h more uptight than ever. In the end, the marriage broke up over something smal She wanted an expensive burglar alar system and he did not. "I'm afraid th alarm system we need is for our ma riage," Bill had said, and that was th click that started off the separation.

In the end, she had finally decide that perhaps it was better for them separate. Her fears of being without man had concentrated on the pra matic: the toilet or the dishwasher ge ting out of order, one of the childre being sick without Bill's availability, th fuses blowing, the burglar fear again.

But she was trying to make it. On h night table, along with the trip list, w her bedside companion, "The Plumbe Friend," plus a handbook of karate f women. Plus a few other books now one on fighting anxiety and understan ing one's own psychological limitation another on women making it alone.

It had taken her years to realize th her fear was no joke; that it was or thing to laugh it off and blame her pa ents for being nuts about safety, and a other thing to be able to venture o into the world without that shiver of te ror she always carried around with he Did every mother, every time she sa her child go down the street to scho have the thought—even the *fleetin* thought—that she might never see h child alive again? Raney was hoping c this trip to put her head into Fish Ca yon River and wash all that nonsen out of it, once and for all. As for h boys, she wanted never to plant th poison in the first place. There was much life out there to experience—sh couldn't live with herself if she had imagine her boys peering around co ners with the heart-stopping question their minds: "What if . . . what if . . .

Sighing deeply, Raney checked o items on the list. The fact was, doin this *was* going to be risky. What if o of the boys got sick? What if *she* g sick? What if the van broke down What if there were bears in the wood *What if . . . she stopped this fruitle litany and tried to get some sleep?*

She half expected her mother, or Bil or both of them to call again as the each had after dinner last night.

First her mother: "Raney, I do wish you'd change your mind and tak Dad and me up on our offer to rent nice condominium for all of us at th beach, where you and the boys woul be comfortable and safe. You'd have a the privacy you wanted, and we coul baby-sit for the boys if anything . . social . . . came up for you."

"Thanks, Mom. But this trip is sp cial. We've planned it for a long tim We have to take it. The boys are coun ing on it."

(continued on page 12

Across the country more people are losing more inches in 1 to 3 days with Slim-Skins than they could with weeks of dieting!



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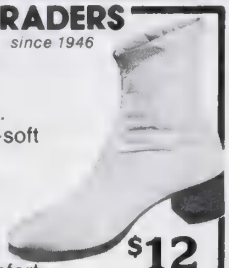
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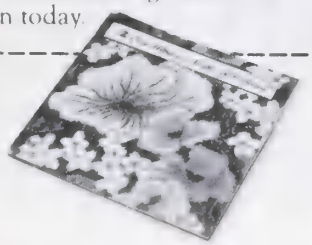
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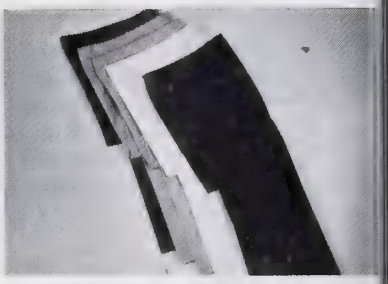
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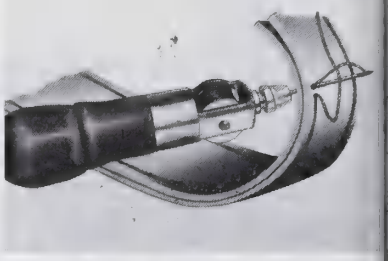
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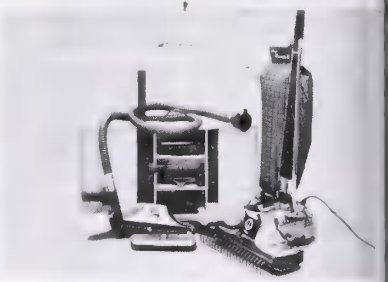
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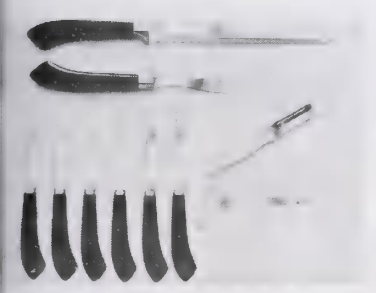
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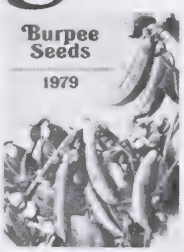
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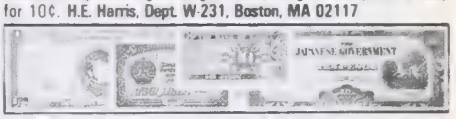
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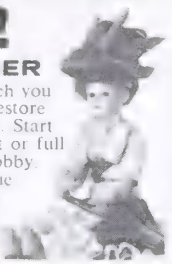


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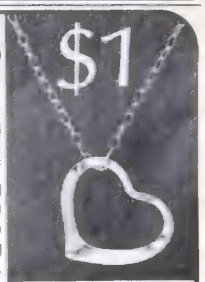
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TAKING THE CHANCE

continued from page 120

Her mother's voice rose a pitch. Not quite hysteria, but something akin to it. "A young woman on the road, alone with small children. Sleeping in deserted places in the mountains! Raney, don't you read the papers?"

"Let's not get into that, Mom."

"What else is there to get into?" her mother demanded.

Well, how about my grave? Raney thought to herself. And with that, she found the strength to bid her mother good-bye.

No sooner had she hung up than the phone rang again.

"Hey, Raney." It was Bill. Even after this long, she had to swallow, find her equilibrium, when she heard his low, vibrant voice. Her emotion was a conditioned reflex, from long ago, when she had been so much in love with him.

"Hi, how are you?" she said.

"I'm just checking," he said. "You still taking the boys out of town tomorrow?"

She felt defensive, annoyed. What business was it of his? "Well, of course," she said.

"Hey, I'm glad, kid," he said. "I was afraid you'd back down. I know how much the boys want to go. I told them if you got cold feet, I'd take them."

"Never mind that," she said. "My feet are just fine—warm as toast."

"Well, they never used to be, at least not in bed."

She had to cut it short, she didn't want to get into that subject with him, or any other that might shake her poise, make her start to worry again. *What if . . . I never meet another man? What if . . . I'm lonely the rest of my life?*

"Listen, Bill—the boys and I all have to be in bed fifteen minutes from now. It's part of the bargain. So, I've got to get off the phone."

"Let 'em climb *all* the trees in the woods, Raney," he said. "You, too."

"I plan to," she said. "You better believe me, I plan to."

A loud clunk from downstairs made her sit upright in bed. The vandals had bypassed her van and were coming up to get the real goods, her and her boys. "Here, Fang!" she called desperately to the dog curled under the bed. The old, black labrador crept out slowly and stood painfully, sticking his gray nose over the edge of the bed. He was rheumatic, asthmatic and half blind. She'd had him since she was a teen-ager. His only threat to anyone was his name.

Another clunk from downstairs. "Shh!" she commanded the wheezing dog. "Quiet!" He settled down on the carpet and went to sleep. Now Raney heard the squeak of the front door as it opened. This was no joke.

She crept to the window and peered down. The sky was just beginning to lighten. In the garden below, there were shufflings, whisperings.

The big flashlight was already packed. So was the heavy hammer, even the tin bucket she kept behind her bed to swing at burglars was in the van, ready to be useful at Fish Canyon. She was unarmed. All she had was a deaf, old dog and a pencil with a dull point to protect her.

"Hey, you dummy!" A scuffle from below.

"Quit, or I'll tell on you," came another voice.

Raney grinned. Immature crooks, to say the least. God, what were they doing down there at this hour? Apparently, sleep was out of the question for them, also.

"Go get the key! Hurry. It's in Mom's purse."

"Maybe she didn't lock the van."

"Are you nuts? Do you think she's a *dummy?*"

Raney nearly laughed out loud.

More hisses, whispers, loud clankings. One thing was sure, they would never grow up to be prowlers. In the dim, dawn light, she could make out that they were dragging something from the van into the yard. It was the Coleman stove. They set it on the picnic table just under her window.

Well, this was it. If 10,000 little boys learn how to light a gas stove with a match, and only two are blown to kingdom come, it's worth it for the other 9,998—right?

She tried not to picture scarred faces, her children illuminated by a blaze of flame. No—she wasn't going to scream down to them, "Turn your heads away, cover your eyes!" How could children *see* anything if their eyes were covered? How could adults see their own lives if they viewed everything through fear, and were afraid to be people in their own right? In the six months without Bill, she had discovered many things. That she missed him as a *man*, and n just someone to lean on and comfort he That it was somehow exciting to mak each tiny step toward her own capabi ities, towards courage in her own ind pendence. That even if it were not Bi (and she could not even consider th until further down the line), that som day she could again engage in the ha ardous but glorious adventure of lif and love, and not be afraid of bein burned, or drowned, or alone. Tha brought her back to the stove . . .

She had gone over all the procedure for the stove with the boys last nigh That was fact number one. Fact numbe two was that tonight, at some campsit they were going to have to perform re sponsibly. So why not at the crack o dawn, in their own front yard? One da —not so far off—they were both going t be six feet tall and out on their own. Sh simply could not wait till they were I to start trying to get them grown u by 18.

Furthermore, they had struck at leas a dozen matches already, and had bee able to get none to light. Raney pulle herself away from the window an crawled back under the covers one mor time. She tried to doze. After a while sh heard the sounds of pots banging, th clink of kitchenware. A happy laugh, giggle. "Not so many eggs, Jimmy! Mom isn't an *army*." She heard sizzling, bega to smell the aroma of cooking bacon.

The alarm was about to ring. Sh clicked it off and watched the sky light en through the window. She heard th sound of footsteps running up the stairs Jimmy stood panting in the doorway o her bedroom, embarrassed at having t announce the surprise they'd planne for her.

"Chow's on, Mom," he yelled, an disappeared down the stairs.

The sun was rising. When she looke down from the window, she saw he boys standing tall at either side of th stove, on whose surface two blue circle of flame burned neatly, steadily. **En**



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Dear Journal...

The "high" life in our nation's capital

Maxine Cheshire's story ("Drugs and Washington, D.C.," December 1978) really comes as quite a shock. With the drinking, illicit sex, cheating and lying that's supposed to be going on there, it's truly a wonder that our government keeps on functioning as well as it does.—*Eileen Sugarman, Wilmington, Del.*

Politicians must be aware of their responsibility as models of behavior for their constituents. When we are informed that certain congressmen and senators are drug addicts and alcoholics, we all lose some of our respect for the law and our leaders. Is it any wonder that our children are so confused about what's right and what's wrong in the morality that exists today?—*Alan Gordon, N.Y.C.*

Younger, zippier

Am I mistaken, or is there a younger, zippier flavor to the *Journal* these days? I feel that somehow, without losing the magazine's integrity, you're capturing more of the contemporary spirit in your articles, stories, fashion, beauty, etc. How does this affect your older readers?—*Carolyn Martin, Boston, Mass.*

ED. NOTE: We get a few subscription cancellations from more senior types. But very few. All women, of all ages, seem to have "a younger, zippier" approach to life.

Christmas bonus

The Christmas *Journal* (December 1978) was truly a treasure trove! Not only did I find the annual Cookie Book, but that wonderful book *Ballerina* by Edward Stewart, as well. I was so enthralled with the story that dishes, dinner and the dog had to wait to be taken care of until I'd read the whole thing through! This is one edition of the *Journal* I'm never going to part with—no matter how worn or yellow it gets.—*Samantha White, Bayshore, L.I.*

A family problem

Praise the Lord for your courage in presenting the work of Susan Forward and Craig Buck ("The Family Crime Nobody Talks About," November 1978). I know the tragedy of incest and its effects too well. The pain, rejection and guilt never end. Ever since I read your article, two days ago, I've felt a load lift from my shoulders. To think that someone else has gone through the same experiences and grown to become a psychologist helping others in the same mess, means there's hope for all of us who've been through this ordeal.—*Name withheld, Minneapolis, Minn.*

Mothers who shared

Little John Gannon's ordeal, and the kindness of all those mothers who gave so generously of themselves ("The Gift of Life," by Marjorie Margolies and Harriet La Barre, December 1978) was a really heartwarming piece. What those mothers did in sharing their breast milk to save that baby, is a pure act of love.—*Jacqueline Brady, Sausalito, Calif.*

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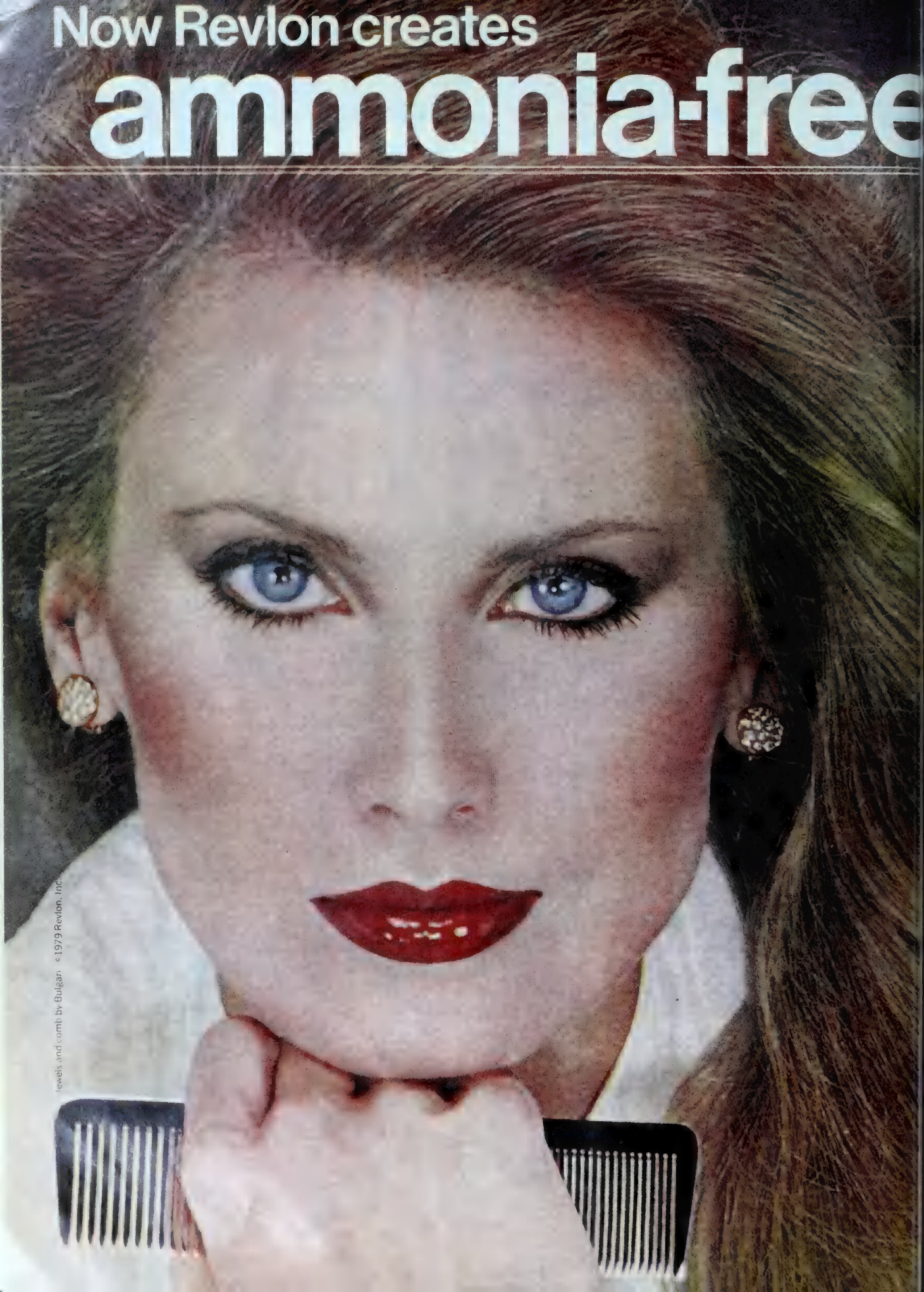
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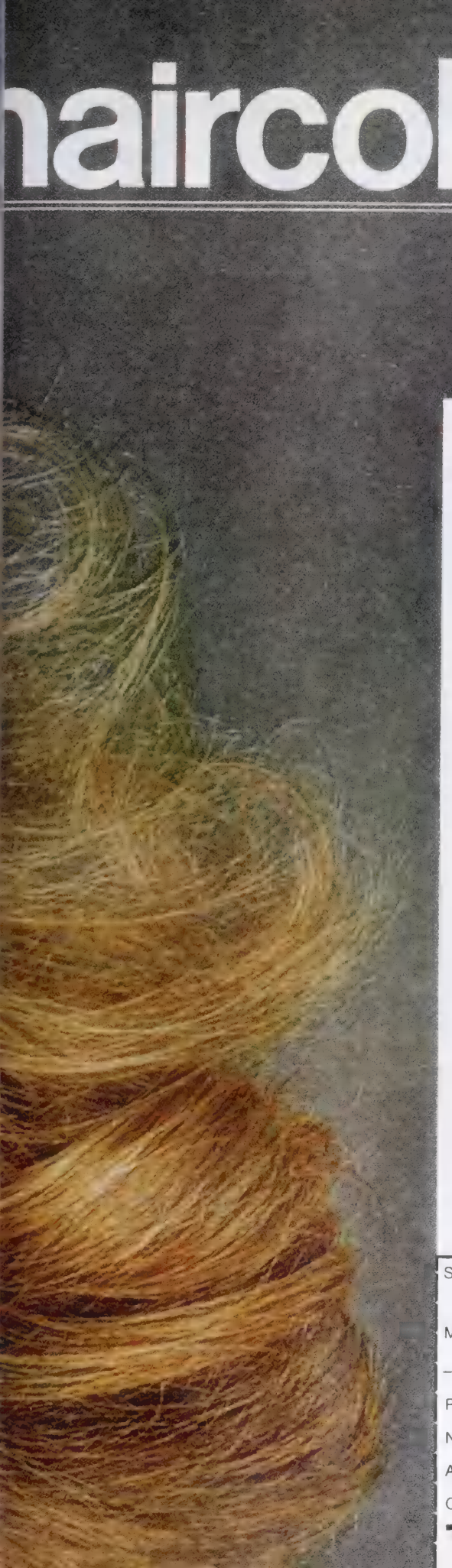
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ARTICLES & FEATURES

Dear Journal — 2
What's Happening — *Gene Shalit* — 8
Editor's Diary — 11
Can This Marriage Be Saved?
"I'm Married to a Stranger" — *Dorothy Cameron Disney* — 14
Fighting Colds and Other Winter Illnesses: A Complete Family Guide
Toni M. Roberts, Kathleen McIntosh Tinker and Donald W. Kemper — 20
The Working Woman:
How Husbands Help Working Wives — *Letty Cottin Pogrebin* — 30
Robin "Mork" Williams: Out-of-This-World Charm — *Stephen Decatur* — 33
When Your Mother Wants You to Get Married — *Elin Schoen* — 38
Mothering: What Frightens Little Children — *Geraldine Carro* — 42
Spending Your Money — *Sylvia Porter* — 44
Windowsill Herbs — *Virginie and George Elbert* — 47
Pet Journal: A Pet Owner's Saddest Decision — *Roger Caras* — 56
Psychiatrist's Notebook: The Importance of Flirting
Theodore Isaac Rubin, M.D. — 64
"So How's Your Love Life?" — *Sam Levenson* — 66
The Many Faces of Suzanne Somers — 73
Why Some Children Can't Learn . . . And What Parents Can Do About It
Betty B. Osman — 76
Where Do Women Go from Here? — *Lenore Hershey* — 79

BOOK BONUS

Yargo — *Jacqueline Susann* — 129

FICTION

The Woman Who Braked for Squirrels — *Will Stanton* — 84

FOOD & EQUIPMENT

Seasoned with Sun — 52
Good and Plentiful Meatless Meals — 96
Waffle Wonders — *Sue B. Huffman* — 98
Mealtime Express — 122
Recipe Index — 127

FASHION & HOME SEWING

Sweet Valentine Dreams — *Trudy Owett* — 80

HEALTH & BEAUTY

Beauty Journal — 27
Posture and Your Body Beautiful — *Maureen Lynch* — 90

DECORATING & CRAFTS

Elegant Afghans in Acrylic Yarn Kits — *Ann B. Bradley* — 37
Decorating with Wood — *Nathan Mandelbaum* — 86

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What's Happening



Gene Shalit

Gene happily tells why great roles for women is not going to be a one-year phenomenon, then reviews seven of the top, new movies.

February is for lovers—its heart is in the right place—right on Valentine's Day. And this is the year to send a Valentine of love and thanks to Hollywood for producing major movies with major roles for major actresses (the antithesis of majorettes). What had seemed a fad is now in full fashion: women's movies.

Last year, a good deal was made of people yelling *good deal!* about the many suddenly-satisfying movie roles for women. You remember it all: Jane Fonda and Vanessa Redgrave in *Julia* . . . Sophia Loren in *A Special Day* . . . Shirley MacLaine and Anne Bancroft in *The Turning Point* . . . Marsha Mason in *The Goodbye Girl* . . . and the big winner, Diane Keaton, in *Annie Hall*. Some said it was a passing phase, that we'd soon be back to cowboys and Indians and Butch Cassidy. But with another movie year over, it's clear that the Academy Award nominators are again going to have a tough time voting for the best performance by an actress.

Woody Allen alone has written four such roles in a single film, *Interiors:* Geraldine Page in her towering performance as the mother of a perplexing New York family . . . Diane Keaton as a selfish daughter who fancies herself a poet . . . Marybeth Hirt as a confused daughter who doesn't know what she wants to do . . . and Maureen Stapleton as the only grown-up in sight—a shining performance that bathes the murk in a brilliant light.

From Sweden came *Autumn Sonata*, one of Ingmar Bergman's most effective films, with two glorious performances—again mother and daughter—this time Ingrid Bergman, powerful as the mother, and Liv Ullmann as her daughter, another stunning portrayal by that remarkable actress. There was one performance by a child that attracted attention: Quinn Cummings in *The Goodbye Girl*. But last year Linda Manz, in her first shot at acting, hit the bull's-eye with a moving portrait in *Days of Heaven*. Linda Manz shows how good a young girl (even without formal acting training) can be if she has that instinctive theatrical spark. And Ellen Burstyn—who helped to inaugurate the *women-are-people* movement with *Alice Doesn't Live Here Anymore*—is on screen in two pictures: *A Dream of Passion*, the Greek-made picture with Melina Mercouri, which is a heavy drama, and *Same Time, Next Year*, in which Ellen Burstyn shows herself to be a first-class comedienne. Therefore be of happy heart: Good roles for women are being written, and the world has the actresses to put them across. What a happy Valentine: Women are no longer reduced to beaus and eros.

THE MOVIE SCENE

The new comedy called *Movie Movie* bears repeating. *Movie Movie.* It stars George C. Scott, Red Buttons, Art Carney, Eli Wallach, Ann Reinking, Barbara Harris and Trish Van Devere. *Movie Movie* is two movies—a prepacked lampoon of a 1930's double feature separated by a wild preview-of-coming-attractions that gets one of the movie's biggest laughs. It all begins in glorious black and white with *Dynamite Hands*—a spoof that runs rings around old-time *(continued on page 138)*

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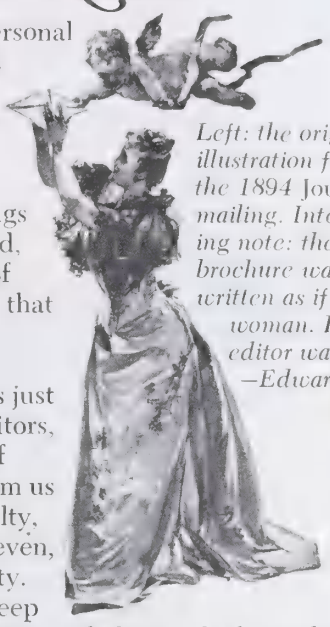


Editor's Diary

Lenore Hershey

With Love to Our Readers

"This is an editorial Valentine, personal from the editor." That sentence is from a charming old promotion piece sent in by a reader, prepared by *Ladies' Home Journal* in 1894. The message went on to highlight the good things in the magazine for the year ahead, including a new feature, "Wives of Famous Pastors" to go along with that other series, "Clever Daughters of Clever Men."



Left: the original illustration from the 1894 Journal *mailing. Interesting note: the brochure was written as if from a woman. But the editor was male —Edward Bok.*

Our editorial Valentine, 1979, is just as sincere, if updated. We, the editors, still edit this magazine as a kind of monthly Valentine, "personal" from us to our readers. We love your loyalty, your diversity, your vitality and, even, on some occasions, your irritability. The year ahead? Expect 1979 to keep up with all your needs and interests, to help you look good, feel good, cope with changing pressures and, yes . . . live joyfully. Happy Valentine's Day to clever daughters of clever women, and also to the men they love.



Jackie and the *Journal*

Five years ago this February, the *Journal* ran a novel called "Dolores" by Jacqueline Susann. The famous best-selling author had written the work as a sort of "new job gift" for the incoming editor-in-chief. (The photo, left, shows us at that time.) After Jackie died in September, 1974, after a courageous and secret struggle with cancer, we thought there would not be any more Susann novels. Recently, her very first novel, completed in 1956, was rediscovered. Entitled "Yargo," the novel is a space-age love story. In 1973, Jackie, Irving Mansfield (her movie and TV producer husband), and I discussed Jackie's interest in science fiction. If "Yargo" has any similarity to the actor Yul Brynner, it is not a coincidence. Irving Mansfield told us that Jackie met Yul Brynner in the early 1950's when he first appeared in *The King and I* and considered him "sexy and brilliant." Yul Brynner's comment: "Jackie was a very dear friend." Whether Yul is Yargo or vice versa, you'll find the novel on page 129.

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Can This Marriage Be Saved?

"I'm Married to a Stranger"

Dorothy Cameron Disney

Does marriage work for workaholics? Maureen and Tor faced a disturbing question: Did they want their exciting careers—or did they want each other?

This case is based on information from the files of the Cambridge Family and Children's Service, a private, non-profit agency. The Service is a member of the United Way of Massachusetts and the Family Service Association of America. The true story reported here is drawn from the counselor's report of interviews. Names and other minor details have been changed to conceal identities. The counselor in this month's case was Marika Taaffe.

MAUREEN'S TURN

"I'm not real sure I want a child and I'm positive Tor wouldn't welcome the responsibility of parenthood," said 33-year-old Maureen, whose pale complexion, brilliant blue eyes and black hair gave away her Irish ancestry. Maureen, a computer expert, had been married to her second husband, Tor, for nine years. Tor, an executive, was also in the computer field.

"Tor is no talker," Maureen continued. "We've never sensibly discussed having a family. It was sort of assumed, like so many other things with us, that in time the baby question would automatically be answered.

"Unfortunately, Tor and I have run out of time. I have a condition called endometriosis, which means my menstrual cycle is seriously askew. Pregnancy, for some reason, often cures endometriosis. The two top gynecologists I consulted say that if Tor and I don't have children right away, the alternative, in a case as severe as mine, is a hysterectomy. A hysterectomy at my age strikes me as an awfully drastic solution; it means we can never have a child. Still and all, unless both partners want a baby, having one can be drastic, too.

"I had no idea how Tor would respond to my dreary situation. Like I said, he is nonverbal in the extreme and avoids intimate conversations like poison. For example, when I ask him if he loves me, he doesn't answer. He pretends not to hear. There never was much pillow talk in our marriage and recently there's been none—I mean *none*.

"In fact, in the last couple of years I've had very little opportunity to talk to Tor about anything except his work, my work or the endless remodeling of our house. Because of our jobs, we both travel a lot—in opposite directions. We're almost never at home together.

"For five months now I've spent the workweek in New York City, teaching the employees of a big department store how to operate a computer system. I fly back to our home in Boston every weekend, but quite often Tor isn't there; sometimes he's out of the country. People say our life sounds glamorous; I say it's dreadfully lonely.

"One Monday morning not long ago, I had breakfast with Tor at Logan Airport in Boston. I was headed for the next flight to New York, and he had just flown in from Cairo. Just as I ordered a second cup of coffee and a roll, my flight was announced. I grabbed Tor's hand and held it. I said I'd missed him terribly, that I wanted to change my flight and go home with him.

"Tor jerked his hand away—he hates any public display of feelings—and said I'd better stick to my original plan. His return trip from Egypt had been rugged, he said, and all he wanted to do was sleep. With that he advised me to hurry or I'd miss my flight. Then he picked up my roll off the waiter's tray and began to eat it himself.

"I was so hurt and angry that I snatched the roll out of his mouth, literally. For good measure, I took my second cup of coffee from the astonished waiter and dumped it all over Tor's attaché case, my gift to him. I then ran to board my plane.

"After a separation of three weeks and two days, a record stretch of loneliness for me, my husband and I had spent exactly twelve minutes together, but he was entirely satisfied to be apart another week. I cried all the way from Boston to New York.

"Well, anyway, the day I consulted the gynecologists, Tor was in Paris, winding up a ten-day trip. When I phoned and said I had something important to discuss with him in person, I could almost hear him groan across the thousands of miles dividing us. He hesitated, then said he'd planned to spend the weekend in London but would fly back to Boston instead.

"I went all out to make his homecoming romantic. I polished his prize possession, a pompous, carved oak mantel that I detest. I vacuumed the Persian carpet he'd bought in Iran, a place I've always wanted to see, and washed the windows in all twelve rooms of our pre-Civil War house. When the house was sparkling clean, I laid a fire in our living room fireplace, then slipped into my jade-velvet hostess gown.

"Spurred by wishful thinking, I stupidly pictured my unemotional spouse sweeping me in his arms and inquiring anxiously about why I had summoned him home. Instead, Tor kissed me lightly—the atmosphere of the living room was romantic as all get out—warmed his hands before the fire and then, to my surprise, presented me with a large bottle of French perfume. As a rule he confines himself to modest presents on Christmas and birthdays, insisting the gifts I give are extravagant and unnecessary.

"I thanked him for the expensive *(continued)*



It's not Mom's. It's Chevrolet's. And America's eating it up.

America is really getting behind our crisp mid-size Malibu.

What's the attraction?

The looks, the size, the room, the feel, the value, the name.

In short, the car.

Malibu threads through tight city traffic with agility, and parks easily even where space is squeezed.

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The new-size Malibu has more head room, leg room and trunk room than the '77 Malibu it replaced.

It is built on a tough, full-perimeter frame.

It has a strong and beautiful Body by Fisher.

Features include a Delco Freedom battery that never needs refilling, High Energy Ignition, dual mode ventilation system, extensive corrosion-resisting treatments, and a whole lot more

The 1979 Chevy Malibu, America.

It's a mid-size car with all the right ingredients.

And only Chevrolet has it.

'79 CHEVY MALIBU

Chevrolet



Woolite Upholstery Cleaner. A name you can trust.

Why pay high-priced professionals to clean dirty upholstery? Woolite® Upholstery Cleaner works fast and easy . . . gets out the dirt that vacuuming alone misses. Cleans vinyl and leather, too. Give upholstery that "professionally-cleaned" look with Woolite Upholstery Cleaner. Woolite—a name you can trust.



Woolite is a registered trademark of AHPC, Boyle-Midway Div.

Can This Marriage Be Saved?

continued

perfume, though I prefer scented soap, and waited for hi questions. I waited and I waited. Suddenly Tor broke th silence and launched into a description of the French countr tiles he'd collected for our third-floor bathroom.

"At that point his bland lack of curiosity and interest i what I might be feeling—his total insensitivity—got to me. threw a tantrum, one of my worst. With tears streaming dow my face, I screamed that Tor had to decide on the spo whether we should have a baby right away or get a divorce Yes, a divorce!

"He stared at me as if I were a bug under a microscope Then he said mildly he didn't want a divorce and, if I wante a baby, he would accept my decision without protest. H would also agree to a hysterectomy, although he suggested I seek other medical opinions. In any event, said Tor, it wa my body and my responsibility. He turned his back on me— and our problem.

"Tor insists on making every other decision in our lives. He handles my paycheck and keeps me on a tight budget. I admire his business sense. But right now I'd trade Tor's business sense for a little more sensitivity.

"The trouble is I don't know what I want. My job pays well and has status, but I'm bored with its lack of creative scope. I yearn to be a painter, but the ambition is so unrealistic I wouldn't dare tell Tor. Nor will I tell him that I'm so sick of restoring this house I could scream. I wish we lived in a new house, in a neighborhood where we could meet some friends.

"If Tor really cared for me, I know he would be more understanding and helpful. We don't communicate at all.

"I'm tired of living with a man who seems like a stranger. I would just as soon be single."

TOR'S TURN

"It's ridiculous for Maureen to speak of divorce," said 36-year-old Tor, a tall man with butter-colored hair and the remote blue eyes of his Swedish parents.

"Maureen is Irish and over-emotional. She's bright but there are times when she lets her feelings rule her head.

"Her endometriosis problem, for example, is less dramatic than she makes out. According to doctors *(continued)*



"I recall that you also complained about me writing my mother when stamps were 3¢!"

U.S. GOVERNMENT REPORT: CARLTON LOWEST.

Carlton claim confirmed.

Many cigarettes are using national advertising to identify themselves as "low tar." Consumers, however, should find out just how low these brands are—or aren't. Based on U.S. Government Report:

14 Carltons, Box or Menthol, have less tar than one Vantage.

11 Carltons, Box or Menthol, have less tar than one Merit.

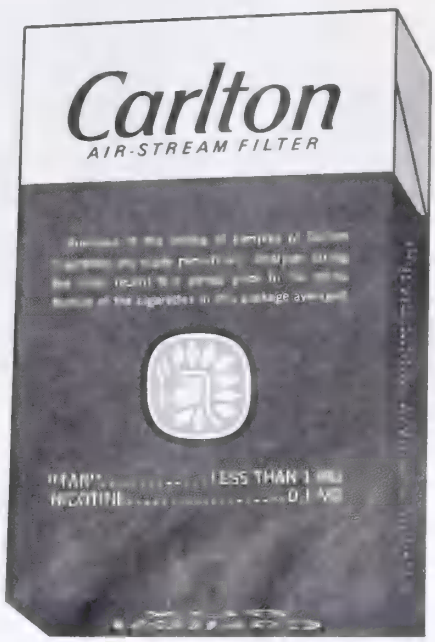
11 Carltons, Box or Menthol, have less tar than one Kent Golden Lights.

6 Carltons, Box or Menthol, have less tar than one True.

The tar and nicotine content per cigarette of selected brands was:

		tar mg.	nicotine mg.
Vantage		11	0.8
Merit		8	0.6
Kent Golden Lights		8	0.7
True		5	0.4
Carlton Soft Pack		1	0.1
Carlton Menthol	less than	1	0.1
Carlton Box	less than	0.5	0.05

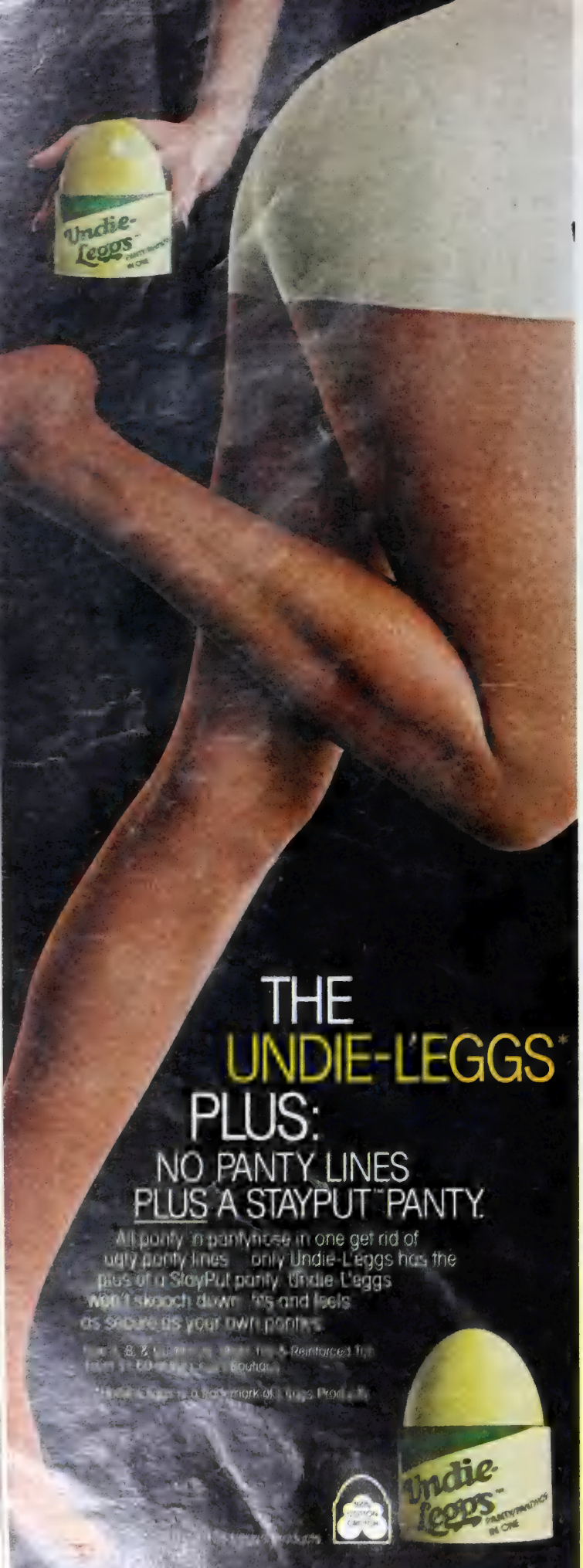
This same report confirms of all brands, Carlton Box to be lowest with less than 0.5 mg. tar and 0.05 mg. nicotine.



LOWEST... Less than 1 mg. "tar," 0.1 mg. nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette.-FTC Report May '78.



Can This Marriage Be Saved?

continued

in Boston, a simple operation, called curettage, will help her cope with endometriosis. Unfortunately, the remedy isn't a cure-all. Her trouble is likely to recur from time to time. But curettage makes more sense than a hysterectomy.

"Maureen flatly refuses to consider curettage. She insists it would kill her—a typical exaggeration. In short, she demands a drastic solution—either we have a child right away or she'll go through with a hysterectomy.

"Simultaneously, she declares she isn't sure she wants a child. She wants me to make the decision, an unjust demand. After all, Maureen will be more affected than I will. If she doesn't like motherhood, who do you think she'll blame?

"Maureen's job means everything to her; indeed, I believe she cares more for her job than she does for me. Other wives travel with their husbands. When I suggested that Maureen work as a part-time consultant so she could accompany me on some of my more interesting trips, she refused. A part-time job, she said, wouldn't have as much status.

"As a result, I spend many lonely evenings in Rome, Paris, Cairo, wherever. Maureen is lonely, too, but it was her decision that keeps us apart.

"Both Maureen and I are workaholics, dedicated totally to our chosen careers. We have few friends—we moved to Boston from Kentucky and haven't found Northerners very friendly. Sports bore me. Maureen has no hobbies, though she used to paint. We devote every extra ounce of energy to improving our house.

"The house has been a lucky investment. Since buying it eight years ago, the value has tripled. But what I value is Maureen's pleasure and pride in our home. She was so charmed by an antique oak mantel I bought in Rome that she devoted three weekends to refinishing it.

"In many ways Maureen is a wonderful wife. When we met ten years ago, I was enormously attracted to her very feminine figure, the way she laughed—I'm a bit of a 'solemn Sam' myself. I admired her energy and her ability. I always wanted to marry an intellectual equal. My mother, a Swedish immigrant, never learned to speak English, and I guess I was ashamed of that.

"Anyway, Maureen met my specifications one hundred percent, with a few exceptions. I've lectured her on the subject of her temper tantrums and silly extravagances until I'm blue in the face. She says I try to control her: I wish I could. She wastes her hard-earned money buying clothes and gifts for others, including me. For no reason at all, she gave me an expensive attaché case, but later in a fit of rage she wrecked the finish with boiling hot coffee.

"She sends high-priced presents to every one of her nine younger stepbrothers and stepsisters—her own father died when she was an infant—and they don't even bother to thank her.

"I realize I shouldn't be critical of Maureen's generosity. Do you suppose I'm jealous? I find it hard to be open and affectionate: She's all heart.

"My parents are devoted to each other but I've never seen them kiss. Sex talk wasn't permitted in our home, and I didn't pick up information from other kids. I was too busy studying, trying to keep up with my three brothers.

"To be honest, I was glad to discover Maureen had been married before. I was a total novice in the sexual area, and I counted on her to take the lead. But frankly, our sexual relationship hasn't been great. I'm afraid to bring up such a sensitive subject with Maureen, particularly since I may be at fault.

"In recent years her interest has been practically nonexistent. Invariably, she pulls away *(continued on page 74)*

A significant advance in preventive dentistry.

The Reach® Toothbrush to help fight cavities.



The Reach toothbrush, from Johnson & Johnson, is a significant advance in preventive dentistry. Designed by a bio-dental team at a leading university, Reach cleans away more of the harmful material that can cause cavities than the two leading brushes.

Designed like a dental instrument.

The Reach angled neck and compact bristle head help you clean even hard-to-reach back teeth. Bi-level bristles clean like two brushes in one. Higher, softer bristles clean between teeth and along the gumline, areas other brushes can miss. Inner bristles hug each tooth, scrubbing the surface clean.

Superior plaque removal.

The unique Reach design has been clinically proven superior to the two leading brushes at cleaning away plaque, the substance dental authorities agree is the major cause of cavities.

To help fight cavities.

Even hurry-up brushers and hit-and-miss brushers can get a better cleaning with Reach. Innovative in design to effectively clean away decay-causing material, the Reach Toothbrush helps in your fight against cavities.

Johnson & Johnson



Somebody has invented a better toothbrush.

© J&J 1978

FIGHTING COLDS AND OTHER WINTER ILLNESSES | A COMPLETE FAMILY GUIDE

Make this your healthiest winter ever! How to prevent respiratory diseases, what to do at home, when to call the doctor.

By Toni M. Roberts, Kathleen McIntosh Tinker and Donald W. Kemper.

- BRONCHITIS
- COLDS
- SORE THROAT
- STREP THROAT
- TONSILLITIS
- COUGHS & CROUP
- INFLUENZA
- LARYNGITIS
- PNEUMONIA
- SINUSITIS
- COLD SORES

Runny noses, throbbing ears, sore throats and aching heads—these are the sure signs that winter is doing its usual tricks to us. Maybe you live where, come spring, the first snowfall is still on the ground. Or maybe you live where the weather is declared "chilly" when the thermometer dips below 65°F.

But wherever you are, this is the season when having the whole family healthy at once feels like some kind of miracle. • There's no sure way to guarantee that you and yours will have a sniffle-free winter. But there are ways you can reduce the toll that those worrisome respiratory ailments take. Of course, you can't replace your doctor in handling complex medical problems—but your doctor can't replace you, in your on-the-spot role. After all, who knows your family better than you do? • The following guidelines for dealing with minor respiratory illnesses are based on careful research and consensus in the professional community; but they won't always be right for every occasion. If the treatment we suggest conflicts with your physician's advice, be sure to talk over the situation with your physician before you act. • But, in general, the use of these guidelines, combined with your common sense and good judgment, will help to sustain you and your family until the time the healing warmth of spring arrives.

Bronchitis is an inflammation of the lower windpipe and the bronchial tubes that carry air to and from the lungs. It may be caused by a virus or a bacterium, and often occurs when a cold or other upper respiratory infection hasn't been fully cured. The inflammation of the bronchial tubes causes them to secrete a sticky mucus, and it becomes increasingly difficult for the cilia, the hairlike *(continued on page 153)*

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Tender Vittles tastes so good, hank goodness it's good for him.

When it comes to feeding Edgar, Tender Vittles sure has made my life easy.

I feed him twice a day and he simply loves that moist meaty taste. And I love the fact he's getting every last bit of nutrition he needs.

Did you know that ounce for ounce, Tender Vittles has twice the protein of most leading cans?

And yet to give my cat all this nutrition, all I have to do is open a pouch and pour. What could be easier?

I guess the only hard part about serving Tender Vittles is deciding which of their 8 delicious flavors to serve.

Purina® Tender Vittles®
Cat Food



For your pet's health see your veterinarian regularly

What will Cover Girls b



Bare Berry!

Cover Girl
Evelyn Kuhn
wearing Melon Frost

earing this season?

Wild Rose!



DRESS BY BETSY GONZALEZ FOR S. ONATA



Toasted Almond!



SUIT BY CESARANI

Rich Burgundy!



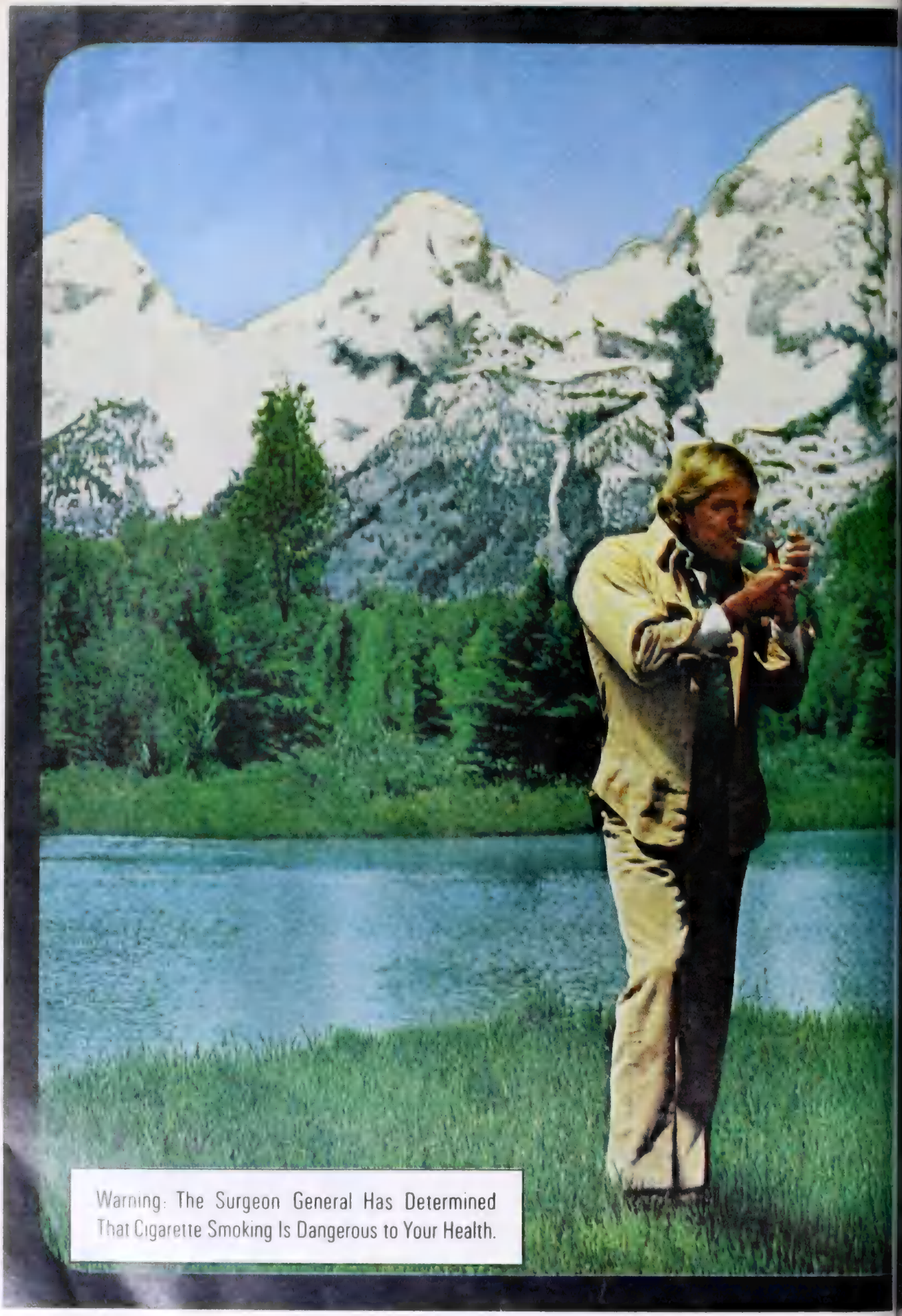
GOWN BY GIORGIO SANT-ANGELO

Rarest Wine! . . . and 16 other Cover Girl colors.

OVER GIRL LIPSTICKS

er the look, they'll be wearing Cover Girl® Lipsticks. Cover Girl's 22 fashion lip colors work with all clothes. With narrow pants. Jaunty hats. Silk shirts. er skirts. And Cover Girl's sensational shades are with moisturizers. Colors that soften. Colors that ll to give you that great Cover Girl look.




Warning: The Surgeon General Has Determined
That Cigarette Smoking Is Dangerous to Your Health.

©1978 R J. REYNOLDS TOBACCO CO.

Enjoy the taste of country fresh Salem.



Country fresh menthol.
Mild, smooth and refreshing.
Enjoy smoking again.

KING: 16 mg. "tar", 1.1 mg. nicotine. BOX: 18 mg. "tar", 1.2 mg. nicotine, av. per cigarette, FTC Report MAY '78

IS YOUR HAIR GETTING ALL THE PROTEIN IT NEEDS?



Imagine this is a shaft of hair. ■ Red represents the amount of protein that could be absorbed by the hair before CPP Catipeptide.™ ■ Gold represents Redken's unique protein, CPP Catipeptide. It can be absorbed so much better than any protein we've ever used.

To look and feel its healthiest, hair needs protein. If you bleach, tint, perm, blow-dry, crimp, shampoo often or spend a lot of time in the sun, chances are your hair needs protein. The question is how can you get it.

You're not a scientist. You know your hair needs something. But what? How much? From where? Redken's spent 18 years scientifically researching hair just to come up with those answers. And during that time we learned a lot about protein.

How is protein absorbed by hair in the first place? Your hair's protein has a certain amount of electric charges (think of the static electricity you generate by brushing your hair). So does our protein. Hair in need, especially damaged hair, happens to have more negative electric charges while protein has positive ones. And remember from your high school chemistry, opposites attract. These opposite charges naturally like each other. They act like little magnets.

What Redken has done is to manufacture a natural protein that's more attractive to your hair. CPP Catipeptide is different because it averages two positive charges instead of just one like other proteins. CPP Catipeptide is also specifically designed to the correct molecular size and weight. So it can get through to your inner core of hair and stay there.

CPP Catipeptide responds to your hair's protein needs. Whether it's a little or a lot, CPP Catipeptide delivers.

Where can you find it? Only Redken has this incredible protein. In a group of hair care and conditioning products: Amino Pon® Concentrate Ready-to-Use Shampoo, Climatress® Moisturizing Creme Protein Conditioner, P.P.T. "S-77"® Protein Conditioner and Bodimer +,™ a body builder. And you can find these products in hairstyling salons that use and sell Redken. Check your Yellow Pages for the one nearest you.

Is your hair getting the protein it needs? Now you don't have to worry.

CPP CATIPEPTIDE. FOR HAIR THAT NEEDS.



YOU CAN TRUST THE 9000 SALONS DEDICATED TO THE REDKEN PROMISE: BEAUTY BASED ON SCIENCE. REDKEN®



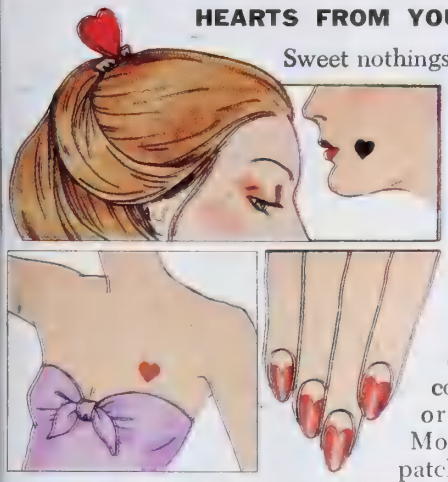
Beauty Journal

February love notes —from a serious life-saver to prettier hands, charming hearts.

YOUR NAIL'S BEST FRIEND

Everyone knows the name of that thin line around the nail, but few know how to deal with it. It's the cuticle—prime protector of the important joining of nail to skin, sealer against dirt and germs. Since it covers the site of all nail growth (the matrix), cuticle problems can spill over and cause nail distortion. According to dermatologist Dr. Frank Deanovic, women can get into trouble by handling harsh substances or by occasional over-manicuring. This creates: a) rips, tears, pain; b) hardening, cracks; c) hangnails; d) yeast infections. Bacteria invades, aided by dampness. Cure can take from a week up to 3 months—be patient. *To cut—or not to cut:* Most agree that a cuticle shouldn't be cut unless torn and ragged. Then, very skillfully. Take care to cut only the jagged edge. *Chemistry helps:* Several chemical removers are on the market to do the job. First, bathe hands in warm, soapy water to soften cuticles. Then delicately nudge cuticles back with a manicure stick wrapped in cotton and dipped in remover. Available in a cream, such as Cutex Creamy Cuticle Remover Kit; gel, such as Revlon's Gelée Cuticle Remover; or liquid, such as Sally Hansen Medicated Cuticle Remover. *Top tips:* 1. Each time you wash hands, push cuticles back with towel. 2. Keep a jar of cuticle cream handy—massage. 3. Never pull hangnails. Trim closely, tuck end under nail. 4. Apply hydrogen peroxide to tears or cracks to prevent infection, soothe while healing. 5. Never use a metal pusher. 6. No hard-bristle nail brushes. 7. Avoid changing nail polish too often. Drying to nails and cuticles. 8. Get into habit of wearing gloves for all chores.

HEARTS FROM YOUR HEART



Sweet nothings for Valentine's Day that send out signals of love. Pledge your affections with our winsome ideas or dream up your own fantasies: • Crowning glory, a heart-shaped cutout affixed to a comb. Easy to concoct out of cardboard or plastic. • Les Mouches, sexy little patches to draw on with a lip crayon or brush (on your dimple, over your heart or . . .). Work with a fine point. • Love-at-your-fingertips, fancy polishing, bound to enchant. Outline first with a pencil.

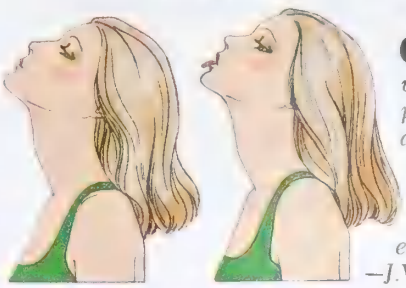
LIFE SAVERS

• Suppose you have a history of diabetes (or heart disease, epilepsy, allergies, etc.) and are stricken away from home. Who would know what ails you? Especially if you can't speak? In such dire straits, belonging to an organization called Medic Alert could save your life. It's a nonprofit, charitable foundation with 1.3 million members. Instant identification comes from wearing a Medic Alert bracelet or necklace engraved with an emergency phone number (24-hours-a-day), your particular condition and computerized ID number. Membership, $10. Medic Alert, Box 1009LHJ, Turlock, Calif., 95380. • Ouch-savers—looking further into our medical file, we found a quick guide for minor first aid at home. When everyday accidents happen, do you know what feels better, works better—heat or cold? Take a guess. Burned finger? Bee sting? Headache? Bruise? Answer: all cold. A sprain can fool you—it's cold, then hot. Heat treats cramps, earache, muscle ache. Remember this list and it'll hurt less next time.

NEW ARRIVALS

Shudders of excitement for things brand-new and beautiful . . . • Rummage around for your school-days pencil box to hold all 8 eyeshadow pencils in the New Smokeys collection. Star: Midnite Teal. Maybelline Eye Color Styler-Pencils, $1.75 each. • Anyone who washes her hair *every day*—and blow dries it—asks for double-trouble (dull, flyaway hair). Easy answer: conditioner to add shine and shape. Clairol's condition* II Instant After Shampoo Treatment, 16 oz., $1.89. • A gentle way to blush—by brush. Four shades and professional brush, all tucked in a case. Jerome Alexander's Blusher Kit, $12.50. • Put a little *lift* in your life. A few drops of lotion will smooth away laugh lines, circles and puffs—for 8 hours or so. Jovan Wrinkles Away, ½ oz., $7.50. • One of the worst things about shaving is a clogged razor. Now, twin-bladed cartridge has push-button to eject hair and soap. Pivoting razor, 2 cartridges, Schick Super II Ultrex, $4.98. • If you think you might be pregnant, simple at-home tests tell you in just 2 hours, such as "Answer" from Diagnostic Testing Inc.; "e.p.t." by Warner/Chilcott; "Acu-Test," by J.B. Williams—all $8-10.

EXERCISE OF THE MONTH



Q. *I'm not really overweight (well, maybe 5 pounds) but have an awful double chin. Plastic surgery seems too drastic (and expensive)—is there an exercise that can help? —J.V.D., Grandville, Mich.*

A. Try the "Tongue Depressor," from Marjorie Craig's book, *Face-Saving Exercises.* 1. Stand; tilt head back until it touches shoulders, face parallel to ceiling. 2. Stick your tongue out as far as you can towards chin. 3. Then, tongue back, head up. Do 5 times per day.



Border by Julia Noonan. Drawings by Thea Kliros.



Reach out. Reach out and touch someone

It's the beauty of a phone call from far away. Wherever you are, you're never too far to reach out and share a bit of yourself with someone who's waiting for your call. A phone call makes you both feel good. Call someone because you care, even if it's just to say hi. So reach out. Reach out and keep close with faraway family and friends. Give them a call.



Bell System

The Working Woman

How Husbands Help Working Wives

Letty Cottin Pogrebin

Some husbands are happily supportive to a woman with a job—others just scrape by. Read about a few real men who've learned partnership—and maybe you'll find courage to ask for more!

The man smiled enthusiastically as he described his wife:

> "She's marvelous! She builds up my confidence and lets me pursue all my interests. When things get rough, she helps me with the children; sometimes she even takes charge of them all day Sunday. I just couldn't manage if I didn't have such a supportive wife."

If that comment sounds strange, it's because few husbands would praise a wife for such small gestures. Helpmate, hostess, power-behind the throne—that's the old story.

The new story

The new story is the fact that the comment above, with the "she's" changed to "he's," is being heard more and more often from women. With more than half of all American women now in the labor force, The Supportive Husband and The Grateful Wife seem to be shaping up as the happy couple cliché of the Seventies. But as I discussed this subject with dozens of women during the past three or four months, I found less there than meets the eye.

When I asked "Do you have a supportive husband?" almost every woman instantly said yes, but only a few could specify chores consistently shared, sacrifices the husband made for the wife's work, or unselfish behavior on a grand scale. This is because truly, totally supportive husbands are few and far between.

Eventually, I found seven women who were able to enumerate the actions of a "supportive husband," but as you will notice, their descriptions range from two husbands who do *everything*, to one who is credited for his financial support, to others who are called supportive simply because they are respectful and considerate or because they "allow" a wife to step out of her domestic role.

Why is it that the emotional support and the shared work we would *expect* from a friend or roommate inspires applause when we get it from a husband? What makes us so thankful for a man's small gestures of encouragement and so awed by his large acts of assistance?

It is my belief that we women need a man to give us "permission" to aspire and to achieve in our own right, because we have been taught that worldly achievement is a "masculine" thing. Thus, we call a man "supportive" for approving of us, for not making us feel "unfeminine" in our strivings to excel, for loving us AND doing a few things around the house besides.

Even though the following seven women may enjoy husbandly help and attentions that seem utopian to you, think about how different it would be if all of us had higher expectations of men and marriage, and a more deserving view of ourselves.

No fuss, no bother—he just took over

Jane Forrester, formerly a college English teacher, is in her second year at the University of Arizona Law School. She and her husband, Air Force Lt. Col. C. Edward Forrester, both in their late 40s and married for 26 years, never sat down to apportion family responsibilities.

"He simply took over," says Jane admiringly. "There was no struggle. In fact, I was slow in realizing what was happening. At first, he shooed me off to study every time I started to clean something. Then, before I knew it, he was doing the cooking and most of the housework. All I do now is make the bed and care for my own clothes."

His efforts surprise her only because Ed grew up in an Arkansas farm family where male and female roles were sharply divided. His father worked the farm and his mother took care of the six children and the house. "It touches me most of all to think of his upbringing when I see Ed ironing his own uniform," Jane says warmly.

She raised their two sons almost single-handedly during the years when Ed served seven times in Vietnam or put in the long hours required of a professional soldier. He will be retiring within two years, just as Jane begins practicing law.

"I was supportive of him and now I guess it's my turn," she comments. "I'm just terribly important to him and he wants me to have the career I want."

Support is giving comfort

One needn't be married to a man to count on him. When her husband of eight years died suddenly, Eve (a pseudonym) felt overwhelmed by grief. After several months of mourning, she met Warren, the man she says literally kept her going from day to day. Eve, 28, a store clerk, and Warren, 27, a housepainter, have lived together for nearly a year.

"There is nothing more supportive than a man who says, 'Use me. Lean on me,' " insists Eve. "One night, not too long after we met, we were in a restaurant with friends. They were talking about a fatal car accident and suddenly I felt *(continued on page 62)*

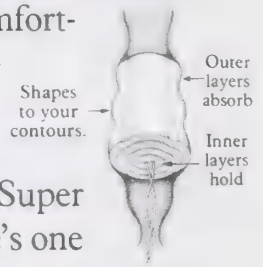
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Elease Berry, Clinical Therapist

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Photographs by Allen Vogel

When Your Mother Wants You to Get Married

If she's being subtle, being "understanding"—or simply driving you crazy—remember, she's only thinking of you.
By Elin Schoen



My mother is a really cool person. She has her little lapses, of course. She cannot seem to refrain from correcting my father's every move when he is behind the wheel of a car. She keeps tabs on my weight as if she were the United States treasurer and it were the gross national product. She wishes I hadn't gotten a permanent and occasionally lets on that she would sleep better if I had gotten a Keogh Plan, instead. But, on the whole, she's really cool. She has never come right out and said to me, "I wish you'd get married." It seems that as far as she is concerned, I don't ever have to get married. She will survive, my father will survive and I will survive if I don't get married. Whether or not I ever marry is obviously the farthest thing from my mother's mind at any given time. What really worries her is the fact that I got a permanent.

This, according to popular wisdom, is highly abnormal behavior for a mother. Everyone knows that motherhood is a very difficult job. In fact, when you pause to consider the vast complexities of the field, you realize that being a mother is very similar to being a nuclear physicist. There you are in the lab, getting things together, experimenting and experimenting. And then, the fruit of your labor goes out into the world (say, to Red China or Mescalero, New Mexico) with a big bang, and you know the experiment was a success.

In motherhood, as in nuclear physics, the responsibilities conform to the developmental stage of the materials at hand. And the responsibilities never end, not even with the big bang. My mother flew with flying colors through her role as diaper-changer (and it was hard, in those days before disposable diapers), nose-wiper, pablum-mixer, toilet-trainer, overseer-of-the-report-cards, chauffeur, vitamin-dispenser, detective. (Is this hooky or pneumonia? What's that burning in the bathroom?)

But then, when I (otherwise known as the materials-at-hand) suddenly turned into date-bait (as they used to say in the top ten songs), my mother suddenly turned atypical. At this point, you see, mothers are supposed to fret a lot about your social life. This gives them a chance to practice for their big moment as mothers: fretting a lot about the fact that their offspring are not married. And this is one area in which sexism does not exist—mothers worry just as much about their sons finding wives as they do about their daughters finding husbands—or, allowing for a tiny bit of sexism, husbands finding their daughters.

But my mother did not show much interest in whether or not I was jitterbugging and playing spin-the-bottle and post office, as young ladies tended to do in those days. Perhaps it was my fault. Perhaps I didn't give her a chance. Around the time when she would normally have started working my wardrobe up to maximum boy-luring impact (in preparation for working on my trousseau), she became aware that I had already grown bored with spin-the-bottle and was, in fact, sneaking out my bedroom window every morning at five A.M. to go parking with an older man (he was 16). Nothing heavy, you understand, but how was my mother to know that? I think she just automatically assumed that I would have no trouble getting dates. So, she developed other interests. She became a librarian, took courses in literature (she has now more than gotten back at me for once correcting her pronunciation of *Camus*), took up flower-arranging, cultivated bonsai. Now she's into aerobic dancing.

The only time the subject of my going-through-life-without-a-prince-consort ever came up, it was my father who popped the question, in his usual subtle way. I was 22 years old at the time. We had been discussing my current boyfriend, who spent most of his time halfway around the world and lived, inconveniently enough, in England. My father let it be known that he considered my devotion to this man a big waste of time. It was diverting me from more constructive pursuits, such as undertaking a serious search for either a young lawyer or a man with a flourishing career as a neurosurgeon. "You know," my father said in stentorian tones, "the bloom will soon be off the rose."

My mother looked up from her Proust. "Really, dear," she said. "She's only twenty-two."

End of conversation. I think that my mother must have enlightened my father, later, on the importance of being cool because he, too, became fascinated with how I'm wearing my hair at any given time and curious about when I'm going to get a Keogh Plan.

But lately it has occurred to me that my parents are not being cool so much as sneaky. Take the matter of my permanent, for instance. When my mother says, wistfully, "But your hair used to be so sleek and shiny," and my father (with his usual subtlety) asks, "Who do you think you are, Bette Midler?" they are really chorusing, "What neurosurgeon would be interested in you now, with frizzy hair?" When my mother calls *(continued)*

Illustration by Bob Deschamps

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continued

and casually remarks, "You know, I was just reading that by putting fifteen hundred dollars into a Keogh Plan you'd have one hundred thousand by the time you're sixty-five." I know she is really saying, "You better start thinking about the future because you haven't got a husband to think about it for you."

So, my parents, and probably yours, too, have not exactly abandoned the time-honored practice of encouraging the perpetuation of the species—and, more specifically, the perpetuation of the immediate family. My single-minded friends always seem to be receiving parental (and particularly maternal) nudges in the direction of the altar. One woman, in her early 30s, recently told me about her mother's stay in the hospital. "Thank goodness it was brief," she said. "They were just doing tests, and not for anything serious. But every morning at about four A.M., I'd get a call from Mother, telling me about all the terrible things she had been lying awake thinking about. The worst thing, of course, was that she might die without seeing me married. 'Who will take care of you?' she would wail."

Mothers worry a lot about their daughters "being taken care of," forgetting that any daughter who is out there earning a living is most likely capable of taking care of herself. Another thing that mothers sometimes forget is all the qualities they have always told you to look for in a husband. "Suddenly," my friend Penny told me, "Mother doesn't harp on the necessity of finding the wonderful, kind, amusing man of compatible religious and ethnic background that she always insisted I wait for. The thing is, *she's* sick of waiting for Mr. Right. She'd settle for Mr. Anybody. But I won't. So she keeps asking me, 'Why are you so fussy?' "

The grandchildren angle is also popular, often coupled with the attempted stimulation of sibling rivalry. A woman I went to high school with has a married sister. This sister had a baby not too long ago, and my high school chum went with her parents to see her first niece and their first grandchild. The new grandparents found it difficult, throughout the weekend, to talk about anything but the raptures of grandparenthood. And, at one point, when my friend was holding the baby, her mother sighed and said, "It looks good on you."

If there isn't a productive sister-in-law handy, your mother might find it necessary to refer to her friends' grandchildren. ("Oh! Did I tell you? Mrs. Sanders' daughter just had her third girl. I believe that's Mrs. Sanders' *eighth* grandchild. Let's see, her son's wife has five. Yes, eight grandchildren! Isn't that wonderful?")

I have one friend whose divorced mother's recent remarriage occasioned this closing message in a letter: "Darling, I'm so happy. Marriage does agree with me. But if only it were you . . ."

Now, you may be wondering, what is the point of all this? If mothers have to go to all this trouble, constantly thinking up new and interesting ways of broaching The Subject, why don't they just drop it? The thing is, they can't just drop it. Maternal instinct and 5,000 years of tradition won't let them. And, besides, they know that no matter how obtuse their wording, their message will get through. You can read between their lines. They are playing on what 5,000 years of tradition have given every daughter—a finely tuned sense of guilt. So why drop The Subject? It's far more rewarding (and a challenge to their creativity—kind of filling the void now that you've left home) to rephrase it and rephrase it. The following are some of the more unorthodox approaches you might encounter.

The New Year's ploy

Your mother is no sloth in the holiday-greetings department. Every December, you receive a card from her. Often, the picture on the card is significant—a Madonna and child, for instance. The message is something like, "We hope you get everything you want in the New Year and that all your dreams come true."

(Translation: "We hope we get everything *we* want in the New Year and that all *our* dreams come true. Lately, what we've been dreaming about is your wedding and other related events such as your first, second and third pregnancies . . .")

Career guidance

Mother: "Anthropology is so passé, so . . . Sixties. If you really want to forge ahead in a field that few women have entered, why don't you become a linesperson for the telephone company?"

(Translation: "You'll never find a husband among the aborigines. As a linesperson for the telephone company, on the other hand, you'll run into lots of eligible men—not your fellow linespeople, of course, but certainly the executives will notice you, as the only woman on the line . . .")

You: "Look how many times Margaret Mead was married, Mother. And none of her husbands were aborigines."

Beauty hints

Your mother presents you with a jar of moisturizer made of cells from the pituitary glands of goat fetuses. She is careful to inform you that you must dab this liberally under your eyes every night before retiring, and that it cost $65. *(continued on page 124)*

ADVERTISEMENT

"I think you always have to be true to yourself first."



At 38, Sandy Pascoe has a well-thoug out philosophy of life. "My philo phy really is that our needs are differen different stages."

Right now, Sandy's children are ol and Sandy has made a decision to return working full time as an artist. Taking go care of herself is just as important in Sand new stage of life. "Looks are not the m important thing. But I really do enjoy t I'm attractive and I enjoy that other peo think I'm attractive."

For her body, Sandy swims a quarter mile a day, plays racquetball and exerci regularly. And for her skin, Sandy also u Oil of Olay. She especially likes the fact t "it's not greasy and it doesn't seem to c my pores." Sandy is also careful about t sun and uses Oil of Olay when she's be outdoors.

Sandy doesn't know how long she w work. "Nothing is forever. My needs mig change in five years, ten years. But by t same token I, too, feel that life is fantas and I live for today."

Beauty Tips

1 Use Oil of Olay® beauty lotio throughout the day but especially the morning and at night after yo wash your face. Lavish it on. Oil Olay eases dryness. It provides moist climate for your skin to luxu ate in. You'll notice how smooth an soft your skin feels, how radiant looks from the very first time you us Oil of Olay.

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"I think you always have to be true to yourself first."
– Sandy Pascoe
St. Louis



Geraldine Carro

Mothering

What Frightens Little Children

When you're little and the world is big, lots of ordinary—and extraordinary—things feel very scary. Here's what parents can do to help.

The workings of a child's mind can baffle the most understanding of parents, as Allison Sandburg's mother suddenly discovered one day when the doorbell rang.

In walked Allison's favorite uncle, sporting a new beard. "Make him go away!" five-year-old Allison shrieked, retreating in terror to her room.

Nothing could cajole Allison out of the corner where she cowered with a doll, her protection against the strange, bearded man in the doorway. Despite her mother's reassurances, Allison would not believe that under that black, bushy mass of hair was her lovable old Uncle "Bumpo."

Why many basically healthy youngsters like Allison develop seemingly irrational fears is the subject of an upcoming episode on *Footsteps*, the new Public Television parent-education series we recently previewed. In this segment, called "Hairy Scary," Jeannie and Amos Sandburg, Allison's parents, look at fears from a child's-eye view and explore ways to cope with them.



Jeannie and Allison Sandburg in PBS's Footsteps. *The "Hairy Scary" episode airs in April. See local TV listings.*

In the course of the show, the Sandburgs, one of the five fictional families featured in *Footsteps*, attend a parents' group meeting where they learn that their daughter's anxious behavior isn't unique. "My son was afraid of dogs," volunteers one sympathetic mother who tried to tell her son, Larry, that there was nothing to be afraid of. She discovered, however, that pooh-poohing his fears proved to be an ineffective approach. "We had to let him know," she says, "that we understood his fears."

"Adults have to be willing to listen to their children and not belittle their fears," explains Dr. James Hymes, a child development expert who appears on the show. "When youngsters can talk about their fears," he says, "it frees them to cope with them."

Dr. Hymes encourages parents to put themselves in their kid's shoes. Events that seem familiar and safe to adults, he observes, may appear strange and frightening to children. "The unfamiliar makes them anxious."

Though comments from Dr. Hymes and others are sensible and helpful, one might wish for more from the show. (If the producers of this otherwise well-intentioned series have erred, it is in oversimplifying the material.) The subject of children's fears is, after all, deep and complex.

To learn more about the nature of childhood fears we visited Dr. David Shaffer, a psychiatrist in New York City with a long-standing interest in the subject.

According to Dr. Shaffer, Chief of Child Psychiatry at Columbia Presbyterian Hospital, at certain ages perhaps half of all youngsters develop "object fears," a term that includes everything from anxieties like Allison's about bearded men, to fears of monsters, ghosts, dogs, the dark and thunder. "These fears are so common," he says, "that they can't be considered abnormal."

Fears are not only common (even more so in girls than boys) they also are predictable to some extent. In cataloging children's fears, researchers find, for example:

- Two to four year olds frequently exhibit a fear of animals, such as dogs, lions, tigers and snakes. Animal fears tend to diminish by age four and generally disappear completely by the time a child is nine to 11.
- Four to six year olds typically fret about imaginary creatures such as ghosts and monsters. Fear of the dark often crops up at this age as well. These fears usually peak when a child is six and vanish by the age of ten.
- Older children, a study of sixth graders shows, focus on possible physical danger to themselves.

Children experience different types of fears at different stages because of the changing way they see the world, explains California psychologist David Bauer who conducted the study of sixth graders. Young children often perceive things in unrealistic ways. It's not until the age of seven or eight that they begin to develop more realistic ideas about the way the world works.

The experts aren't entirely sure why children develop fears in the first place. Dealing with a world that is unfamiliar and hard to understand, as Dr. Hymes points out in *Footsteps*, is certainly part of the reason.

Others advance more complicated theories. Freud believed that object fears reflected problems arising from a child's emerging sexuality. Dr. Shaffer suggests that certain cultures, filled with fairy tales and myths about monsters, encourage many fears. And some experts, he observes, believe that children need to experience imaginary fears to help them master their real ones.

Dr. Shaffer tends to be skeptical of the more elaborate theories. ("They're nicely woven but hard to prove.") But whatever the source, there are usually ways, he says, to allay a child's fears. Both he and the producers of *Footsteps* recommend a positive approach.

If children are gradually exposed to the objects of their fears, says Dr. Shaffer, they will slowly master them. A child who is afraid of dogs, for example, might first be shown pictures of dogs. Later he can be encouraged to pet a tame dog and eventually to walk it.

The mastery technique worked with Allison, too. Her uncle decided that he would try to disarm her fears by shaving half his face, proving that with or without a beard he was Uncle "Bumpo." That, and a song on his guitar, brought a wary smile to the youngster's face.

When last seen on the show, Allison was happily clowning in front of a mirror. She was wearing a disguise her father bought especially for her—an enormous fake nose, a funny pair of goggles and, naturally, a big, bushy beard. **End**

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Spending Your Money

Sylvia Porter

Tax-saving tips on life insurance, dependency deductions and the sale and purchase of homes.

I'm a young mother with one child left at home, and she'll be off to school in the fall. Then I'm determined to go back to work. But I'll still have to be home to greet the children when they return from school. I've heard about something called "Flexitime," and I think this could be the answer. Can you tell me in simple words just what this is?

Flexitime is a rapidly growing way of work in the United States, Europe and Russia that is, in truth, made to order for you. As an illustration of its acceptance here, just since the mid-seventies, the number of firms using Flexitime has doubled and an estimated six percent of all U.S. employees are now on Flexitime, excluding the self-employed and others who traditionally set their own hours.

While there are many variations, the basic structure is simple. The total workday is known as bandwidth and can run from 7:30 A.M. to 6:30 P.M. Inside this are core times, when you have to be on the job—say, 9:30 to 11:30 and 2:00 to 3:30—and the rest is Flexitime. How you use the Flexitime is up to you, providing you put in the required number of hours.

It reduces the stranglehold that the clock has on you. It can help you get your kids off to school and be home in time to greet them, avoid peak rush hours on the highways or trains, keep a hairdresser or dental appointment, arrange a game of tennis before or after work, etc.

Is life insurance always included in a deceased's estate and subject to estate taxes?

No. If, say, you have a job and earn your own paycheck, you might be wise to own the insurance policy on your husband's life, pay the premiums and have the right to change the beneficiary of the policy. For then, if your husband dies, this policy would *not* be included in your husband's estate for Federal estate tax purposes. You would receive the proceeds due you under the policy, entirely exempt from estate taxes.

We support our son who is a student in college and will spend roughly $3,600 this year on his expenses. He has been working during vacations and weekends and has saved enough to buy a $4,000 car with his own money. Does this mean we will lose the dependency deduction for him?

YES! If your son pays for the car entirely out of his own funds, you will lose a dependency deduction worth $1,000 to you in 1979. The full cost of the auto will be treated as support your son provides for himself this year, even if he makes only a small down payment in '79. And that means you, the parent, end up flunking the more-than-half support test.

Your wise tax move is this: Provide enough toward purchase of the car to put you over the more-than-half support mark. That will give you the dependency deduction for your son—and probably save you more, in your income bracket, than the extra outlay for the car. Your son will also come out a winner, for he will keep his personal exemption on his tax return and can use the money he saved on the car for future expenses.

My husband, two teen-agers and I have always spent our holiday skiing, but this year, we can't even consider going to our favorite resort in Switzerland. After what has happened to the U.S. dollar, it's way out of sight for us. We're still determined to get some skiing in this year though, and are looking for money-saving tips.

Look homeward, to the less publicized ski areas in Montana, Washington State, Wyoming, Oregon. Make your reservations in towns near the large resorts—and plan on going at the very end of the season (which now lasts through April in most Western resorts). You may get free shuttle-bus service from your lodging to the ski areas, but with a family of four, probably your best bet is to rent a car, complete with snow tires, ski rack, window scraper and other essentials.

On food, choose the American plan (all meals included); this can save big-time money with two teen-agers! And take with you everything you might need, ranging from aspirin and moleskin to film, ski wax and easy-to-care-for clothing—and, of course, all ski equipment. Avoid the costly laundry and dry cleaning facilities at the resorts. And if you're not planning to take advantage of the nightlife, book into a place that concentrates on skiing and little else.

We bought a house for $40,000 years ago and have been told we can easily get $100,000 for it when we put it on the market this spring, which we are planning to do in order to buy another home in a southern resort city. Our mortgage is down to $5,000. How can we manage this sale so we owe the minimum taxes on our profit and get the maximum tax benefits?

You can sell your present home at a big profit, buy a new home, pocket a bundle of cash—and not pay one penny in taxes—all because of an often misunderstood classic tax break. The basic sale-and-replacement break is that you may not have to pay any current tax on the profit from a home sale, as long as you spend as much for your new home as you received for your old. What's *(continued on page 62)*

I need me.



I count myself lucky to have a job that I love! It's exciting to be independent. To help me stay independent I have my own piece of the Rock—Prudential Insurance. For a single girl, it's terrific! It makes me put money aside on a regular basis. As time goes on, I can use its cash value if I need to. When I retire, it can provide a big hunk of cash or a nice monthly income—for life. Look, even if I do get married someday, right now the only person planning my future is me. I need me.

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WINDOWSILL HERBS

Add fresh herbs to your list of easy-to-grow houseplants, with the bonus of a regular harvest for the kitchen. By Virginie F. and George A. Elbert.

It's interesting how often an enthusiasm for gardening is combined with an enthusiasm for cooking. And here's a case where the two go together naturally—growing fresh herbs indoors that you can snip away at for use in any number of recipes, from soup to dessert. Everyone knows that fresh herbs are infinitely better than the dried, but not everyone is aware how easily they can be grown on a sunny windowsill in the kitchen or any room in the house you choose. The plants are most decorative, as you can see from the picture above. Here's how, with eight herbs we think grow best indoors: basil, chives, parsley, peppermint, rosemary, sage, ginger and (though strictly not an herb) French lavender, something we grow for its heavenly smell.

We have increased growing space in various ways over the years: long plant stands, with or without troughs, in front of windows; rectangular or half-circle shelves at sill height; even a rolling service table to move plants from window to window according to the season.

You can also put ready-made shelving against the window itself—an excellent arrangement in summer that may, however, be too cold for plants in winter. Hanging pots and baskets from brackets attached above or to the side of the window is another possibility. You can even hang pots with fishline, as we did in the picture above.

In snipping fresh herbs for the kitchen, cut freely, but try to preserve a good-looking plant. The best way is to make it produce more branches and leaves, and to do this it's best to snip short pieces of several branches rather than any one, whole branch. When you pinch out the tip leaves of the branches, the joint just below grows two new branches. Then, when a young branch with several new joints has grown from a woody stem we usually cut back to the first joint and its pair of leaves.

Thus our plants remain compact, but the number of branches and leaves increases rapidly.

Use only plastic pots with drainage holes in the bottom. They hold moisture far better than clay and are lighter in weight. On a *(continued)*

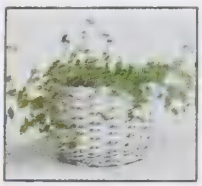
Photographs by Allen Vogel

WINDOWSILL HERBS

shelf, the square ones take up the least amount of space.

We use no drainage material, such as gravel or broken crock, in the bottom of our pots because modern soils are porous enough. During summer, herbs probably benefit from air conditioning, but in our own apartment we find that fans are sufficient (we dislike air conditioning at home).

Now on to the specifics of our promised eight herbs.



Peppermint

Like everybody else we always thought of peppermint more as a flavoring for candy than a kitchen herb. We discovered the truth when we tried it in a Near Eastern meat stew and have used it in cookery ever since.

We buy plants at a nursery where we can taste them for flavor (mints vary widely). Because peppermint is a straggler, we like to grow it in a hanging pot, even in a north-facing window, where it can trail down on all sides. A broad, shallow container is best. Use a mixture of two parts sterilized garden soil, one part each perlite and peat moss. Fertilize with ¼ strength 30-10-10 dissolved in water and keep moist. Mist regularly.



Sweet Basil

The easiest and quickest growing herb for indoors, basil has many uses as a garnish for vegetables and meats and as an ingredient for sauces, such as pesto.

We prefer to start our plants from seed, and we always choose the small-leafed variety, called French or Dwarf Basil (Latin name, *Ocimum basilicum "Minimum"*), which is vastly superior in flavor to such large-leaf garden varieties as Dark Opal or Lettuce Leaf.

We fill two-inch plastic pots halfway up with soilless mix. Then we lay three seeds on the surface in each pot and cover them with a thin layer of milled sphagnum moss to prevent damp-off of the seedlings.

Set the seeded pots in bright, reflected light from a window and keep them at a temperature of at least 70°F. day and night. Seed will germinate in about five days. When the seedlings have four leaves, transplant them—three together—to four-inch pots and, because the stems will be spindly, fill soil around them right up to the two lowest leaves. Place them in partial sunlight and keep the temperature above 60°F.

As soon as the plants have six leaves, we remove the two top ones, which causes the stem to put out two branches, and we repeat when the branches have four leaves. Continuing in this way we soon have a lovely, bushy plant, eight inches to a foot in height. Any further growth we cut off for our needs in the kitchen. It is surprising the amount of herb we harvest from this fast-growing plant.

Keep the plants moist, not allowing them to dry out for a single day, and fertilize at every watering with ¼ tsp. 20-20-20 formula diluted with one quart of water. Do not let them bloom, for that will sap their strength. If plants attract white fly, dip them thoroughly in soapy water every three days for three weeks.

Basil is considered an annual plant, though we have had some last as long as three years indoors.



Rosemary

Of all the herbs, rosemary is the longest lived and the most trainable. The oldest has lived with us for 20 years. The woody, twisted branches and pine needle-like leaves make it ideal for bonsai or for decorative hanging pots. The taste is distinctly piney, too, and can be very pungent, but when used with moderation it imparts a unique, subtle flavor to meat and fish dishes.

We buy plants because rosemary grows terribly slowly from seed, and we never know in advance what the plant will look or taste like. All are called *Rosmarinus officinalis* or *prostratus*, but the names mean little. At herb nurseries we sample the leaves and choose among the differently shaped plants. We prefer leaves that are mild and growth that is woody and well branched.

The first rule with rosemary is to keep it *moist at all times*. Even a single day of complete dryness indoors can kill it.

Pot rosemary in a mix of two parts peat moss, one part vermiculite and one part perlite. Fertilize once a week with high nitrate 30-10-10 dissolved in water at ½ the manufacturer's suggested strength. A sun-loving plant in nature, it flourishes in partial sun in a window or under fluorescent tubes.



Sage

Sage is an underestimated cooking herb. Fresh leaves from indoor-grown plants impart a deliciously warm and sunny flavor to any meat and its sauce. For the house, the compact or dwarf varieties are best. If the stems are not strong, hang plant in a partially sunny window and let it trail.

It is best to buy plants at a herb nursery. Repot in a mix of two parts sterilized garden soil, one part peat moss, ½ part perlite and one tablespoon lime to the quart of soil. Keep evenly moist and fertilize every two weeks with 20-20-20 plant food at ½ the suggested strength.



Chinese Chive

We love chives in omelets, salads, and lots of other dishes. The kind we grow is the delicately flavored, long-lasting Chinese Chive *(Allium tuberosum)*. When we cut back the leaves to within three inches of the soil to supply our kitchen needs, they grow right back in no time. In the fall each plant blooms with a pretty, three-inch cluster of starry, six-petaled white flowers. We urge you against buying the puny chives you so often see in the vegetable store that die down within a couple of months.

Herb nursery catalogs list the seed, and once your plants are mature and bloom, you can harvest your own seed. After the petals of the flowers fall off, each one develops three green pods. As they ripen they turn yellow. We cut them off and lay them in a dry dish in a warm place and, within a few days, the black seeds fall out or can be squeezed out of the skin that surrounds them.

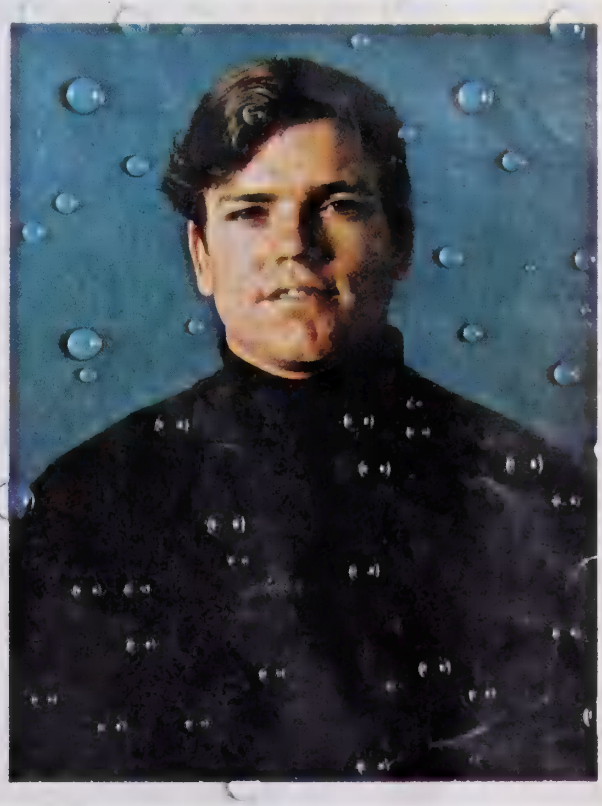
Start the seed at any time of year in moist sand, vermiculite or milled sphagnum moss. Transplant the single leaves when over an inch high to azalea-type pots filled with a soilless mix. We fit eight to ten seedlings in a four-incher as the bulbs never become large and we think the plants look better when crowded. Keep just moist and fertilize once *(continued)*

Zestimonial.



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James (Tex) Stokley



ne above sentences are excerpts taken from hidden camera interviews James Stokley At that time, we asked him to bathe pictures of himself, e the ones above, in his favorite soap and Zest® We also asked him to try st at home He found out Zest made him feel cleaner than his soap

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ry Zest. Like James Stokley, you'll feel cleaner and fresher than with soap.

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Photograph: Skrebneski

WINDOWSILL HERBS

continued

a week with a high-nitrate formula, such as 30-10-10, dissolved in water according to the proportions on the label. They will grow in a north window, but will need partial sun or fluorescent light to produce flowers.

It takes about six months for the plants to reach snipping size.

We don't know how long Chinese Chives live in a pot because they have never died down for us except through our neglect.

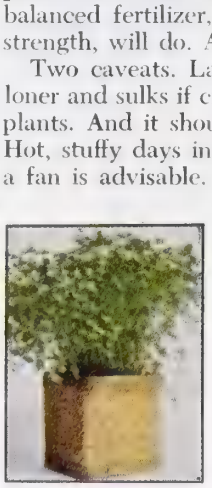


French Lavender

We know no other plant the fragrance of whose leaves compete with French Lavender *(Lavandula dentata)*. Brush your hand lightly over the pretty little bush and the air will be filled with its refreshingly sweet perfume. This lovely plant is easy to grow and will last for years.

We always buy plants, as that is the easiest way to start. They will grow in reflected light from any exposure except north and should have temperatures over 60° F. If we have to repot we use a mix of one part each peat moss, perlite and vermiculite. Any standard, balanced fertilizer, applied in quarter-strength, will do. Always keep moist.

Two caveats. Lavender is a bit of a loner and sulks if crowded in with other plants. And it should have moving air. Hot, stuffy days in summer upset it, so a fan is advisable.



Italian Parsley

Italian Parsley (Flat or Neapolitan Parsley in some catalogs) is a big, lolloping plant with long-stalked leaves that are quite flat. It is much more vigorous and longer-lasting than curly parsley and its flavor is tops.

Although the plants can be bought in the late spring at herb nurseries, we prefer to start our own from seed. Choose a pot that is at least six inches deep and as much in diameter. Fill within an inch and a half of the rim with one part each sterilized garden soil, peat moss and perlite. Soak the seeds overnight, starting with lukewarm water. Place five seeds in a circle, an inch and a half away from the edge of the pot, and two or three in the center. Cover with ¼ inch of fine sand or mill sphagnum moss. Set the pot in a wa place—between 70° and 80°F.—in saucer of water.

Parsley may be slow to germinat our plants usually start coming up in t days, though some lag for a week long Don't worry, they'll all come throug After there are four small leav start to fertilize at one quarter streng with every watering, using high-nitra 30-10-10. Add a little extra soil at t top of the pot to support the stems the seedlings as they grow. Don't t transplanting. Parsley is the one he in our list that has a tap root.

Give the plants partial sun in t window; they like moving air; allow t soil to dry out halfway to the bott between waterings.

Your parsley will be ready for cutti in ten to 12 weeks. Plants last a year more, but we consider it wise to start new pot every six months.

Ginger Root

You're missing a lot if you don't co with fresh Ginger (Latin, *Zingib officinalis*). Slice thin sections of t thick, fleshy, brown root or grate chunk and add it to all kinds of sauc and as a flavoring for roasts.

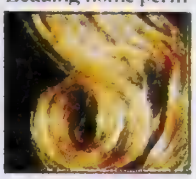
This is something of a novelty for wi dowsill herb gardening, for you st with a root rather than seeds or buyi



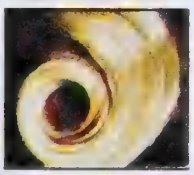
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Leading home perm



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lant. In the spring or early summer a fat, healthy-looking piece with the innings of smooth, yellowish, growth ots. At other times of year when the ts lack shoots, we lightly moisten and lose them in a plastic bag away from ng light. Kept warm, shoots usually ear within a few days. If your vege- le or Oriental food store has no roots, your local Chinese restaurant.

Ve choose a broad, shallow pot and nt the root horizontally just below surface, with a growing tip showing, ne part sterilized garden or pack- l potting soils, one part peat moss one part perlite. Set the pot in ial sunlight and fertilize once a k during the summer with a high- te formula such as 30-10-10 at one- strength. Keep the soil just barely st.

he root sends up grassy stems two high with narrow, six-inch long es all up the stem. In the fall the es turn yellow. Cut off the stems and up the root. You'll have the joy of esting at least a double quantity of np new roots. Use part for cooking save a small piece in a plastic bag l it starts to sprout again.

leaves start turning yellow early in growth, mites have moved in. 't worry. Just wash the plant several s under a lukewarm jet of water a faucet.

Sources of Herbs

Special herb nurseries are scattered. Many ornamental plant nurseries also grow herbs in their greenhouses. Mail order seed catalogs usually list one or another of the plans we recommend.

Caprilands Herb Farm, Coventry, Conn. 06238. Plants and seed. Lists on request.

C.A. Cruikshank Limited, 1015 Mount Pleasant Road, Toronto, Ontario M4P 2M1, Canada. Seeds. Catalog on request.

J.A. Demonchaux Co., 225 Jackson, Topeka, Kansas 66603. French herb seeds. Free list.

Hemlock Hill Herb Farm, Litchfield, Conn. 06759. Plants only. Catalog 50¢.

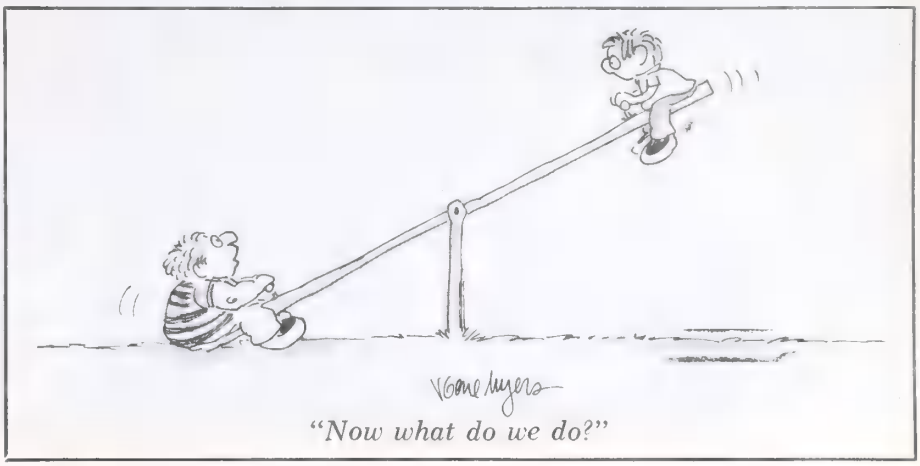
Le Jardin du Gourmet, West Danville, Vt. 05873. French herb seeds. List 50¢.

Logee's Greenhouses, 55 North Street, Danielson, Conn. 06239. Plants. Illustrated catalog $2.00 including fascinating ornamental house plants.

Nichols Garden Nursery, 1190 North Pacific Hwy., Albany, Oregon 97321. Seeds. Catalog $1.00.

Sunnybrook Farm Nursery, 9448 Mayfield Road, Chesterland, Ohio 44026. Plants. Catalog 50¢.

Tsang & Ma International, P.O. Box 294, Belmont, California 94002. Chinese Chive seed. **End**



"Now what do we do?"

A visit to the Southwest quickly sharpens all the senses—sight, sound and touch are dramatically affected by the bright, clear light of the majestic richly textured landscape. And, oh, the sense of taste—the rich amalgam of native Indian, Spanish, pioneer and, more recent Mexican and Texan innovations, results in a cuisine that has no rival. Hearty and subtle, simple and complex, this is food for all seasons and all tastes, a style of cooking that if it needs no introduction, can bear repeated sampling and expansion of repertoire.

Our most recent sampling came during a trip to El Paso, Texas, last January to work with the local Junior League in exploring their handsome cookbook, *Seasoned with Sun*. It's a rich compilation of over 800 recipes on 260 pages that beautifully represents all aspects of food in the Southwest.

Leaving behind record blizzards in the East, we fell easily into the sun-drenched weather and hospitality of west Texas. First, came a quick tour of the sprawling and prosperous city in its colorful and varied setting of mountains and vast deserts. Appropriately, because of its proximity to Ciudad Juarez just across the Rio Grande, our first picture was at a luncheon of Mexican specialties. Colorful and *(continued)*



Photographs by Ken Regan/Camera 5

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23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.



Mexican lunch with the El Paso Junior League begins with Margaritas and Guacamole (rear), continuing (from left, front) with Monterey Enchiladas with onion-chili-sour cream-cheese filling; Gorditas (fried tamales) stuffed with ground meat, lettuce, tomatoes; Orange Flan with Almonds.

delicious, it was in a setting furnished exquisitely with stunning examples of Mexican and Southwest craftsmanship. Stuffed Gorditas were our favorite food—thick, tamale-like rounds, easily made from masa harina (now widely available), fried, then split like a pita round and stuffed with a spicy beef mixture.

We spent the rest of the day east of the city photographing within the bounds of spectacular Indian Cliffs Ranch, a location it would be hard to top for the true flavor of this part of the world. Our setting for a barbecue around the chuckwagon was an authentic pioneer fort—called, laconically, Fort Misery, though it was anything but Southwestern, which had been marinated for 24 hours, then grilled to perfection and glazed with sour cream and horseradish. And new to us, but delicious, a Hominy Casserole with cheese and green chilies, heavy on the green chilies in our case, but lighter for other tastes.

And just before sunset, with the cliffs themselves as a fitting backdrop, the hearty foods of the region including Tortilla Soup, Featured was Grilled Steak a Mexican Beef Stew, Chili (of course) and one of the best corn breads ever made, which included grated Cheddar cheese and again, the inevitable green chilies. The sun sets quickly in these parts, and a chill descends, but indoors the warm hospitality goes on and on.

We were treated to this warmth on both of our evenings in El Paso—once at a Mexican banquet and again at an informal ranch steak dinner. Beyond the easy socializing, we also learned more about League activities, which are extensive and important: this year seems focused on youth, with a child care newsletter, a museum learning center, and a counseling and psychiatric service. An involved and friendly group of women we feel privileged to have met. To sample recipes from their cookbook, and to order your complete copy, turn to page 58.

—JOHN STEVENS



Barbecue menu at Indian Cliffs Ranch, from left: Chili-Hominy Casserole, Grilled Steak, Ice Cream Charlotte, Molded Gazpacho.



roccoli with Cheese Sauce



▲ Green Peas and Pearl Onions



mall Onions with Cream Sauce

▼ French Green Beans with Mushrooms



▲ Carrots with Brown Sugar Glaze

▼ Green Peas with Cream Sauce





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A Pet Owner's Saddest Decision

Roger Caras

Where do you turn when you can no longer keep a beloved pet? How do you know when it's time to end your pet's life? Expert advice to help you deal with a painful and important part of pet-keeping.



Inevitably, every pet owner must face the time when it's no longer possible to keep a beloved pet. It can be the animal's age, or an illness, or human problems that make keeping the pet impossible. Whatever the crisis, the decision is difficult at best, and usually traumatic. Knowing the right thing to do can be a great help in this troubling situation.

What problems make it necessary to give up a healthy pet? Things do occur in our lives that make further maintenance of a pet impossible. There are deaths and illnesses in our human family, for example, or the need to move to a place where keeping a pet wouldn't work out. And some pets develop behavioral problems that we can't cope with. What should we do?

The killing of a healthy pet is an agonizing decision. Clearly, it is the last resort. First, make every effort to find a new home for your pet. Enlist the aid of family and friends, post notices in public places, place ads in newspapers. Puppies and kittens are easier to place than mature animals, of course, but even middle-aged pets can be resettled if enough effort is made. In fact, the difference between placing a pet in a new home and killing it is often a simple matter of energy expended.

There are times when it's better not to seek a new home. If a dog is a serious biter, or still isn't housebroken after you've made every effort, it is clearly unfair to both the animal and the new owner to keep the facts a secret. You aren't sparing the animal anything by adopting it out. You are only sparing yourself an unpleasant decision. The final outcome for the pet will be the same.

What about taking a mature pet to a pound or shelter? This course of action is a form of self-deception for millions of troubled pet owners every year. People who can't face unpleasant decisions continue to leave unadoptable pets at already overcrowded municipal pounds and walk away telling themselves (and their children) that their animal friends will soon have fine new homes. What their pets will really have is a quick, one-way trip to the back room. Death in an under-funded, overworked municipal pound will not be as easy for the pet as it would be in the office of a private veterinarian.

You should think about taking your pet to a public pound or shelter only after your own efforts to find a home have failed, and only after careful research. Visit the pound and talk to the manager. If you are shown 50 cats or dogs like yours that have been waiting for a week or more to be adopted, you'll know what your pet's fate will be.

There are private shelters that don't put animals to death except in the case of terminal illness. They keep the animals they accept for as long as it takes to find a new home. If they will take your pet, and your personal investigation of the place shows that the animals are properly maintained, your problems are solved. Be sure to investigate carefully. Some shelters call themselves "humane" and aren't.

When should you initiate the end of a sick or old pet's life? Your veterinarian can tell you when the time has come to spare your pet further suffering. You are justified in seeking a second opinion, of course, but that's not usually necessary.

What does euthanasia really involve? By definition, the word euthanasia means "mercy killing." If death comes as a result of drugs administered by a veterinarian, it should be painless. In fact, for the animal, the experience is no worse than having a general anesthetic. (No form of putting an animal to death except drug overdose is acceptable. Rapid decompression, drowning, electrocution and asphyxiation with gas all cause stress, pain and fear. These methods are not by definition euthanasia.)

None of this is easy. But how and when an animal dies is often up to us. We must meet our responsibility with compassion, honesty and a sincere interest in what is best for our companion animals. **End**

Photograph by Four by Five

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SEASONED WITH SUN

continued from page 54

TORTILLA SOUP
pictured on page 52

2 tablespoons salad oil
1 small onion, chopped
1 can (4 oz.) chopped green chilies
2 garlic cloves, crushed
1 cup tomatoes, peeled and chopped
1 can (10½ oz.) condensed beef broth (bouillon)
1 can (10¾ oz.) condensed chicken broth
1½ cups water
1½ cups tomato juice
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon salt
⅛ teaspoon pepper
2 teaspoons Worcestershire sauce
1 tablespoon bottled steak sauce
3 tortillas, cut in ½-inch strips
¼ cup shredded Cheddar cheese

In large saucepan heat salad oil. Add onion, chilies and garlic; sauté until soft. Add tomatoes, beef and chicken broths, water, tomato juice, cumin, chili powder, salt, pepper, Worcestershire sauce and steak sauce. Bring soup to a boil. Reduce heat; cover and simmer for 1 hour. Add tortillas and cheese and simmer 10 minutes longer. Makes 6 servings, about 150 calories each.

CALDILLO
(Mexican Stew)
pictured on page 52

3 tablespoons bacon drippings
3 pounds beef stew meat, cubed
1½ cups diced onions
1 can (28 oz.) tomatoes, undrained
1½ cups green chili strips
½ cup beef broth
½ cup chicken broth
1 tablespoon salt
2 teaspoons pepper
2 teaspoons garlic salt
2 teaspoons cumin
2 pounds potatoes, peeled and cubed

In large saucepot or Dutch oven, heat bacon drippings until hot. Add beef and onions. Sauté until beef is browned on all sides. Add tomatoes, chili strips, broths and seasonings. Cook over low heat until meat is tender, about 2 hours. Add cubed potatoes the last 30 minutes. Spoon off excess drippings. Caldillo may be frozen after preparation. Makes 4 quarts, about 325 calories per cup.

HOMEMADE CHILI
pictured on page 52

3 lbs. beef chuck roast (fat removed), coarsely ground
2 pounds lean ground beef
2 large onions, diced
5 cloves garlic, finely chopped
3 tablespoons cumin seeds
1 tablespoon salt
2 teaspoons black pepper
½ teaspoon cayenne pepper
3 tablespoons chili powder
2 cans (28 oz. each) peeled whole tomatoes, undrained
2 cans (15 oz. each) tomato sauce
1 can (10 or 14 oz.) red enchilada sauce
1½ cups water
3 to 4 cups cooked pinto beans or 2 cans (16 oz. each) pinto beans, drained (optional)

In saucepot or Dutch oven, brown meat, onions and garlic, stirring frequently until brown. Add seasonings and stir. Add tomatoes and juice; break up with spoon. Stir in tomato and enchilada sauces. Cover and cook over low heat for 1½ hours. Add water and cook 1½ hours longer. If you use beans, add them during the last 10 minutes of cooking time. Cool and skim off grease. Serve hot with crackers or hard rolls. Makes 10 servings without beans, 14 servings with beans. About 495 calories for 10 servings (without beans) and 415 calories per 14 servings (with beans).

WEST TEXAS CORN BREAD
pictured on page 52

1 cup yellow cornmeal
1 tablespoon double-acting baking powder
1 cup (4 oz.) shredded Cheddar cheese
2 eggs
½ cup salad oil
1 cup sour cream
1 can (8 oz.) cream-style corn
1 can (4 oz.) chopped green chilies

Preheat oven to 400°F. Grease well a 12-cup Bundt pan; set aside. In large bowl combine cornmeal, baking powder and cheese. In another medium bowl mix eggs, salad oil, sour cream, corn and chilies until well combined. Add wet ingredients to dry ingredients and stir just until moistened. Spoon into prepared pan. Bake for 40 to 50 minutes or until toothpick inserted in center comes out clean. Let stand on wire rack 10 minutes before removing from pan. Invert onto serving plate. Makes 12 servings, about 230 calories each.

GUACAMOLE DIP OR SALAD
pictured on page 54

2 ripe avocados
4 canned green chilies, rinsed, seeded and chopped (see Ed. note)
1 garlic clove, minced
2 tablespoons grated onion
1 tablespoon fresh lime juice
½ teaspoon ground coriander
½ teaspoon salt
Pepper to taste
1 large ripe tomato, skinned and finely chopped
Tortilla chips, optional

In small bowl mash avocados to a smooth pulp. Add remaining ingredien and stir until well combined. Serve as salad or with tortilla chips as a di Makes about 3 cups, about 25 calori per tablespoon.
Ed. note: If you like your guacamole d hot, use jalapeño peppers instead green chilies.

MARGARITA
pictured on page 54

1 4-oz. cocktail glass, chilled
1 slice of lime
Coarse Kosher salt
½ ounce fresh lime juice
1½ ounces tequila
½ ounce triple sec
3 to 4 ice cubes

Rub the inside rim of the chilled gla with the slice of lime. Pour salt into saucer and dip moistened rim in sa Combine lime juice, tequila, triple s and ice cubes in a cocktail shaker. Shal well and strain into the salt-rimm glass. Makes 1 Margarita, about 1 calories.

GORDITAS
pictured on page 54

Meat mixture
1 pound ground beef
1 small onion, chopped
1 teaspoon garlic salt
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon chili powder
***Shells* (See Ed. Note)**
2 cups Masa Harina
2 teaspoons salt
1 teaspoon double-acting baking powder
1 cup water
2 slices fried bacon, crumbled
2 tablespoons shredded Longhorn cheese
Salad oil for frying (about ½ cup)
Shredded iceberg lettuce
Diced tomatoes
Grated cheese

In skillet brown beef and onion. Stir seasonings and cook 5 to 10 minut more. While meat is cooking, with han mix all ingredients for shells. Divi dough into 8 equal pieces. With qui patting motion, flatten out to ⅛-in thickness about three inches in dia eter. Fry in hot grease until gold brown, turning once; drain. Make a s on the side; open slightly (like p bread) and stuff with meat mixture, l tuce, tomatoes and cheese. Serve wi favorite chili or taco sauce. Makes gorditas, about 190 calories each.
Ed. note: We doubled the recipe for t shells and divided the dough into pieces, making 12 gorditas large enou to hold the filling comfortably. Mak 12 gorditas, about 145 calories each.

MONTEREY ENCHILADAS
pictured on page 54

3 tablespoons salad oil
2 large onions, thinly sliced
2 fresh green chilies, seeded and chopped
Salt to taste
2 cups sour cream

(continue

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continued

? cans (10 oz. each) red enchilada sauce
dozen corn tortillas
pound Monterey Jack cheese, cut in strips
? cups shredded Cheddar cheese

Preheat oven to 375°F. In large skillet eat oil. Add onions and chilies; sauté until soft. Season with salt. Spoon mixure into a small bowl; set aside. In same killet blend sour cream and enchilada auce; heat and stir until bubbly. Remove from heat. Dip tortillas, one at a ime, in sauce and let stand a few secnds to soften; place in a 13x9-inch aking dish. Spoon a part of the onion ixture across the center, top with Monerey Jack cheese. Roll tortilla around lling. Repeat until all tortillas are filled nd arranged close together in a baking ish. Ladle remaining sauce over torllas and sprinkle with Cheddar cheese. ake 20 to 25 minutes. Serve very hot. Makes 6 servings, about 850 calories ach.

ORANGE CUSTARD WITH ALMONDS
(Flan De Naranja Con Almendras)
pictured on page 54

quart (4 cups) half and half cream
teaspoon vanilla extract
whole eggs
egg yolks
¼ cup orange juice
tablespoons sugar
teaspoon grated orange peel
½ cup toasted slivered almonds
cup sugar
½ cup water

n heavy saucepan heat cream; simmer ntil it reduces to about 3 cups. Remove om heat. Add vanilla and set aside. In edium bowl beat eggs and egg yolks, ice, 2 tablespoons sugar, orange peel. radually pour hot cream mixture into gg mixture; stir vigorously; set aside. Divide almonds among 6 custard ps; set aside. To caramelize sugar: issolve 1 cup sugar in water. Pour into eavy, small skillet. Melt sugar over edium low heat. Don't stir until sugar egins to form a syrup. Reduce heat to w and stir frequently with wooden oon until all the sugar is melted. Conue cooking, stirring constantly, until nooth and a light amber color. Pour to prepared custard cups; coat inside each evenly; let set.

Preheat oven to 325°F. Pour custard to cups; set cups in a 13x9-inch pan. ace on rack in oven. Fill pan with hot ater. Bake for about 30 to 35 minutes until knife inserted near center comes t clean; cool. Invert custard onto inividual dessert plates. Makes 6 servgs, about 420 calories each.

GRILLED STEAK SOUTHWESTERN
pictured on page 54

cup wine vinegar
cup firmly packed light brown sugar
cup catsup
cup soy sauce
2 tablespoons Worcestershire sauce
1 teaspoon prepared mustard
½ teaspoon garlic salt
1 teaspoon coarsely ground pepper
3 lbs. beef top round steak, cut 1½ to 2 inches thick

Glaze
¾ cup sour cream
2 teaspoons prepared horseradish
1 teaspoon chopped green onion

In a 13x9-inch dish combine first seven ingredients for marinade. Sprinkle both sides of steak with pepper and rub in with palm of hand. Place steak in marinade; cover and refrigerate 24 hours, turning several times.

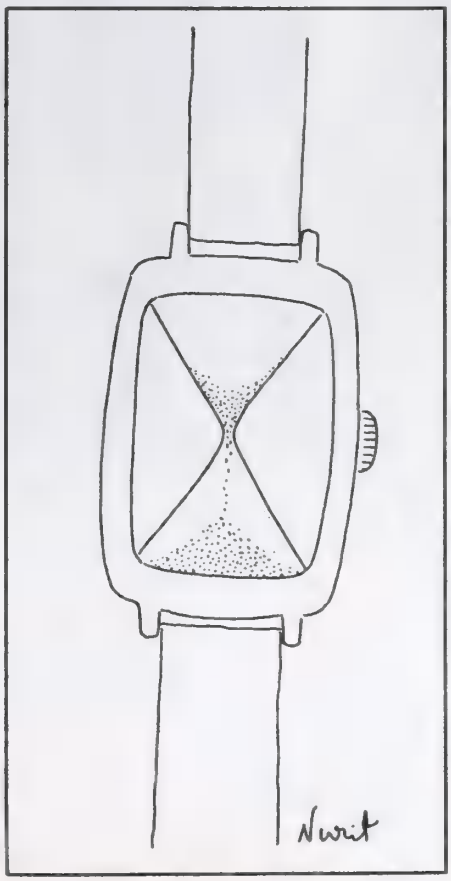
Place steak on grill five inches above hot coals. Grill to desired doneness (about 15 minutes per side), brushing occasionally with marinade.

For glaze: Combine ingredients for glaze and spread on top of steak. Continue cooking until glazed, about 3 to 5 minutes. To serve, slice thinly across grain. Makes 6 to 8 servings, about 590 calories per 6 servings, 445 calories per 8 servings.

MOLDED GAZPACHO SALAD
pictured on page 54

Salad
2 envelopes unflavored gelatin
1¼ cups tomato juice
⅓ cup red wine vinegar
1 teaspoon salt
Dash bottled red pepper sauce
2 small tomatoes, peeled and diced
1 medium cucumber, pared and diced
½ medium green pepper, diced
¼ cup chopped onion
1 tablespoon chopped chives

Avocado Dressing
1 large ripe avocado
½ cup sour cream
½ cup light cream
1 tablespoon grated onion
Dash of cayenne pepper
1½ teaspoons salt
⅛ teaspoon sugar
1 garlic clove, crushed
1 tablespoon lemon juice



Salad: In a medium saucepan sprinkle gelatin over ¾ cup tomato juice to soften. Stir constantly over low heat until gelatin is dissolved. Remove from heat. Stir in remaining tomato juice, vinegar, salt and bottled red pepper sauce. Set in a bowl of ice, stirring occasionally, until mixture is consistency of unbeaten egg whites, about 15 minutes. Fold in tomatoes, cucumber, green pepper, onion and chives. Pour into a 1½-quart mold that has been rinsed in cold water. Cover and refrigerate until firm, at least 6 hours. Serve with Avocado Dressing. Makes 6 to 8 servings, about 35 calories per 6 servings, 30 calories per 8 servings without dressing.

Avocado Dressing: Peel avocado. Cut into chunks and place in blender container. Add remaining ingredients to blender container; cover and blend until smooth. Place plastic wrap directly on surface of dressing. Refrigerate, covered, for several hours. Makes 2 cups, about 35 calories per tablespoon.

CHILI HOMINY CASSEROLE
pictured on page 54

2 cans (20 oz. each) hominy, drained
3 tablespoons grated onion
1½ cups sour cream
1½ cups shredded Monterey Jack cheese
1 can (4 oz.) chopped green chilies, drained
¾ teaspoon salt
½ cup fine bread crumbs

Preheat oven to 350°F. In large bowl combine all ingredients except bread crumbs. Spoon into 2½-quart casserole. Sprinkle bread crumbs on top. Bake for 30 to 40 minutes. Makes 8 to 10 servings; about 495 calories per 8 servings, 395 calories per 10 servings.

ICE CREAM CHARLOTTE
pictured on page 54

3 dozen ladyfingers
2 quarts coffee ice cream, softened
6 tablespoons rum
1 cup heavy or whipping cream
Glacé cherries
Chocolate curls
Chocolate or caramel sauce (optional)

Line bottom and sides of 9-inch springform pan or mold with split ladyfingers. Whip ice cream in electric mixer, gradually adding rum. Whip cream until stiff peaks form; fold into ice cream. Spoon half the ice cream mixture into pan over ladyfingers. Cover with layer of ladyfingers, then remaining ice cream. Cover with foil; freeze until firm, about 4 to 5 hours. Remove from mold; place on cake stand, decorate with cherries and chocolate curls. Serve in wedges with sauce, if desired. Makes about 10 servings, about 390 calories per serving without sauce. **End**

Spending Your Money

continued from page 44

overlooked is that it's the purchase price of your new home that counts—not the amount of cash you put into it. You do not have to use all cash proceeds from the home sale in your new home to get tax-free treatment. You can finance your new home with a bigger mortgage than your old mortgage and wind up with cash in pocket, completely tax-free.

For instance, say you sell the home you bought at $40,000 for $100,000 and buy a more expensive one, putting down $20,000 cash and financing the balance. The result is that you wind up with $75,000 cash (the $95,000 you net after paying off the old mortgage, minus the $20,000 down payment). And you don't owe any tax on that $75,000.

Even with a big mortgage on your new home, you will benefit. By freeing up the extra cash, you're using the same leverage technique that astute real estate investors have been using for years. Instead of freezing the money in a new home, you can put it to work earning more dollars for you in other investments or in your business.

Caution: To qualify for the sale-and-replacement, your new home must cost as much as you received from your old one. But the tax law imposes two additional requirements: 1) Both the home you buy and the home you sell must be your "principal residences." Condominiums and co-op apartments qualify, but vacation homes do not; and 2) You must buy and move into your new home within 18 months before or after the sale of your old home, and you can use the tax-free rollover break only once in any 18-month period. This second restriction —only one rollover per 18-month period—can cause a problem and has now been corrected by the 1978 tax law.

As an illustration: An employee of XYZ Corporation bought a home in Chicago in 1969 for $40,000. In October, 1977, he sold his old house for $75,000 and bought a new home for $90,000. In September, 1978, XYZ Corporation transferred him to Dallas. He sold his new home for $100,000 and bought another in Dallas for $100,000.

Under the previous law, he owed no tax on the 1977 home sale, for he qualified for the tax-free rollover break. But he did owe a tax on the profit from the 1978 sale, because it was the second sale within 18 months.

The new tax break is that both of his sales are tax-free, for the law exempts employees from the one-rollover-per-18-month limit if their home sale and purchase are dictated by their jobs. If you can prove moves are job-dictated—this provision in the new law can be critical in your tax-savings strategy. **End**

The Working Woman

continued from page 30

faint at the thought of my husband's suffering. Even though I said nothing, Warren saw that I was fading out. He excused us from the table and walked me around outside until I regained my strength. He notices. He cares."

Eve felt panicky about being alone one weekend when Warren went out of town. But he had anticipated her anxiety and had ingeniously arranged to cheer her up in his absence.

"I kept discovering the notes he left for me all over the apartment—pinned to the shower curtain, in the freezer, under my pillow—notes that said 'I miss you.' 'I love you.' Warren takes my needs into account and that feels good."

His financial support buys her freedom

Dorothy Standard, a slender, vigorous, 60-year-old mother of six, states frankly that the high income of her surgeon husband, John, 60, has freed her to work as a volunteer for many causes. This year, she serves on the boards of United Way, Group Homes, the Child Guidance Clinic, the Connecticut Department of Children and Youth Services, Naugatuck Red Cross, the Waterbury Hospital, the Mental Health Council and the local museum.

"John supports me not only materially, but psychologically," says Dorothy. "He listens to all my sad stories about



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Hershey's Disappearing Cake

¼ cup butter
¼ cup shortening
2 cups sugar
1 teaspoon vanilla
2 eggs
¾ cup Hershey's Cocoa
1 ¾ cups unsifted all-purpose flour
¾ teaspoon baking powder
¾ teaspoon baking soda
⅛ teaspoon salt
1 ¾ cups milk

Generously grease and flour two 9-inch round cake pans. Cream butter, shortening, sugar and vanilla until fluffy; blend in eggs.

Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well. Pour into pans; bake at 350° for 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans.

And use cocoa in your favorite frosting recipe, too!

/hat goes wrong with the various agen-ies I deal with and he lets me know e's proud of what I've accomplished."

The supportive husband as business mentor

Attorney Richard Medalie had to one up on copyright law, taxes and in-orporation in order to help his wife, usan, set up *Getting There,* her Wash-ngton, D.C., children's magazine.

"He's such a rigorous lawyer," Susan ays. "At first he wrote a three-page ad-ertising contract that scared off my otential advertisers because it read like hey were signing their life away. Even-ually, he managed to reduce it to two aragraphs. He's not offended by the ost menial task, whether it's typing abels or helping me with the bookkeep-ing. And when 25,000 copies of the magazine are delivered to our home each month, Rick and our two teen-age boys are right at my side, stamping."

Equality matters more

Sally Ben Basset, a Head Start Day Care teacher, has strong opinions about many things. She kept her own name when, last April, she married Steven Miller, a community organizer. She is also adamant about dividing the chores in their Cambridge, Massachusetts, home.

"I bring my work problems home and I go to many night meetings," Sally explains. "Steve's support takes the form of giving me thoughtful feedback, not making demands on my time and not being threatened if I need to talk things out with someone else. We give each other space."

Emotional support in a traditional setting

Beverly and Charles Shaw of Kenilworth, Illinois, have five children, four between the ages of 18 and 22, and one three year old. When Bev hasn't been a full-time mother, she's been a student and a community activist; now she is completing her M.A. in elementary education. Her husband is a real-estate developer.

"Charlie has always encouraged me and given me emotional support," she says. "When the first four children were young and our funds were tight, we postponed buying living room furniture so I could get three college courses under my belt. As things improved, Charlie bought me cleaning help and babysitters. We don't share home management and child care equally, not because he resists or can't cook, but because he's just not available. For example, Wednesday nights when I have late classes, Charlie usually takes the little one out to dinner, and on Sundays he'll take her to the park to give me time to study.

"We've always lived according to stereotyped roles and that means Charlie's life takes precedence over mine," Bev continues. "But he has also backed me up in whatever I've done."

Support is respect for her work

"I divorced a man who expected me to be home by six P.M. to cook his dinner regardless of whether I was working on a merger, a proxy fight or an SEC proceeding," says Sherry Jacobs, who's a vice president of legal operations for R.H. Macy. She is now married to a man who understands her job's demands.

"If we're planning an evening together and I call Stephen at seven P.M. to say I can't get out of my meeting, he doesn't make me feel guilty. He just says he's going to miss me, or he's sorry I'm going to miss out on a good show or party. Stephen recognizes that I'm a professional, not a possession."

Does it all add up? I think so. For all their differences, these women seem to have fashioned one coherent definition: support means giving not what you want to give, but giving what the other person needs.

A supportive man is one who takes a woman seriously, who respects her need for private time and space, and who values her not just for her wifely services, but for her work and herself.

I would like to hear from women who feel they have supportive husbands, but please be specific about what he does and tell me whether he was always that way or, if not, how you managed to change him. **End**



The Importance of Flirting

Theodore Isaac Rubin, M.D.

It isn't fickle, frivolous or fast behavior. In fact, what few people realize is that apart from being fun, flirting may be absolutely necessary.

Flirting—in its broadest definition—describes the initial steps two individuals take to establish contact. These steps may or may not go on to include sexual contact. Of course, flirting in itself can be a form of achieving sexual satisfaction. In fact, some people are sexually satisfied by flirting, and go no further.

There is also a kind of flirting that has no sexual overtones at all. This sometimes goes on between highly intellectualized people who are content to charm each other with exchanges of cerebral statements. Flirting, from my point of view, is—in effect—a way of stating, "I'm interested," and asking, "Are you?" It's the opening sequence to all kinds of relationships, ones that are superficial, fleeting and of minimal consequence as well as ones that may turn out to be of lifelong duration. But no matter how insignificant the relationship turns out to be, the initial flirtation is a way of saying, "Let's begin." Let's begin what? In some situations, it's just a way to touch; and in others, it means to hold, to sustain, to exchange. In all flirting, there is at least some exchange of feeling and of interest—no matter how tentative, minimal or subtle the flirting may be.

Flirting often takes place in advance of actual verbal interaction, and may conclude without any words ever being spoken. The flirting process itself can be so subtle as to not be noticed by outside observers—or even the participants themselves. Sometimes, casual observers know that we are flirting when we don't even realize it ourselves.

Some flirtations, on the other hand, are anything but subtle. They are so blatant that everyone knows what is going on. But there are also blatant flirtations that no one notices until, with seeming suddenness, a romance has developed. This is often true of teen-agers who banter, make derisive remarks or make a great show of ignoring each other.

A single flirtation can go on for half a second—it may consist of no more than a glance on a subway train. On the other hand, there are many flirtations that go on for a lifetime; these may be sporadic, but still be a kind of ongoing drama—continuing each time the flirting couple meet.

Flirting is not only used to make contact and to exchange feelings, it can also serve as a substitute for a deeper relationship and as a way to give and get support. There are couples who have an unexpressed and often unconscious agreement that essentially goes like this: "We'll flirt and in this expression of mutual interest we'll reassure each other that we are still attractive."

Nearly all people flirt. Some of us do it with looks, some with attire. Some with particular motions and expressions. Some of us do it with hand gestures, with the way we move around a room. Some of us do it with words. Nearly all of us know the limits of acceptable flirting, of the social amenities involved in the flirting we do, and of what is and isn't appropriate and acceptable. Yes, most all of us are flirts, who go on flirting our whole lives.

Perhaps, in part, flirting serves the purpose of a relatively non-involving, innocuous emotional safety valve as well as a stimulating device for people who have good, long-term relationships. They may flirt with other people, but they go home and make love to each other—a practice largely condoned by society and usually mutually agreeable as long as the flirting remains light, casual and subtle.

I believe that we learn to flirt from our parents. It is seldom taught consciously through lessons or instructions. We learn to flirt by example and identification through our observations of parents who flirt with each other as well as with other people. We go on to continue learning through our interaction with and observations of siblings, other relatives and friends.

Some extremely shy people cannot flirt and are unable to initiate relationships. This may lead to extreme loneliness and unhappiness. Some of these young people come from homes in which parents were extremely constricted and restrained, and did not show or permit demonstration of any flirtatious behavior.

But there are also young people who are incapable of initiating contact on more than a superficial social level. These people, though they seem to be able to flirt, cannot form serious involvements—either personal or professional. Many of them feel that they have nothing to give to anyone else, nothing that would interest anyone else, and they feel they don't deserve to receive anything either. These people need professional psychotherapy in order to put them in touch with their own assets and to make it possible for them to flirt—in all areas of life. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.



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BOOK BONUS

"So How's Your Love Life?"



With some chuckles and grumbles, America's favorite humorist looks at "nudity, lewdity and the new morality." From his latest book—sure to be a best-seller.

BY SAM LEVENSON

Just as there is folk music, folk religion, folk philosophy, folk science and folk art, there is folk humor. I know, because I've been collecting it for about 40 years. I've found that the folk funster's witty insights into the foibles of humankind are as telling as treatises on the same subject by the more illustrious social critics. In other words, he may not be a "who's who" but he knows "what's what."

Yet even when his pungent (often poignant) judgments make it into print he gets no credit, no honor and no royalties. His reward is uncelebrated induction into that ancient fraternity of missing persons all of whose members are named Anonymous.

In spite of his anonymity, Mr. Anonymous (the "they" of "like they say") remains one of the most famous authors of all time. There is no aspect of life or death that has escaped his joke-lore—his humorous quips, gags, parodies, puns, jests, sayings, bywords, maxims, adages and proverbs. But his jokes are not just laughing matters.

Man's witticisms take life to task. They are his verbal picket signs, his defiances, challenges, denunciations, squawks and beefs, as put in the pun: "The gripes of wrath." Like they say:

> "Laugh at your troubles and you'll never run out of things to laugh at."

Mr. Anonymous has, for example, assessed the state of the world in our own times quite accurately with:

> "This is just one of them centuries when everything goes wrong."

Listen to what "they" are saying and you might find out exactly what has gone wrong. In fact, I believe that humor can reveal the social structure, the values, dreams and nightmares of an era.

Suppose, for example, you wanted to know how sexuality and morality are doing in these hard times. Well, just listen to the voice of the people. I'll be your commentator.

We cannot say this is an amoral age. There are more moralities available to us than to our ancestors. You can go morality shopping very much in the style of supermarket shopping, using the same criteria: Morality, like kitchenware, must be convenient, disposable, lightweight, timesaving, instant and new.

Ideally, man is supposed to make a moral choice between two classic brands, good and evil. But most people don't like to make decisions. We have perfected an easy substitute for personal choice: the opinion poll. If the majority is "buying" this morality ("everybody is doing it") then it's got to be good.

Fun has become the greatest good. According to the polls, the great American classic, happiness, is no longer at the top of the list of personal priorities.

It seems that people now find happiness too difficult to pursue. Happiness makes great demands. It has to be cultivated, often with pain, often with considerable unhappiness. This is the basic difference between happiness and fun.

Sex is a serious concern of the new fun morality:

> "There seems to be an abnormal interest in normal desire."

For those raised in the old, hold-back morality, the current no-holds-barred-anything-goes sexual morality has caused fright, anger, but mostly shock and embarrassed bewilderment:

> "Consenting partners? Sounds like they're going into business."

> "They don't love her for her mind but for what she don't mind."

> "Does the open mind also require an open bed to match it?"

While nudity is no longer considered lewdity, there is still a good amount of resistance to "low and behold" as proper female attire. It is cavalierly implied that hidden charms are no longer considered an attraction and that a woman doesn't want to be viewed as a sex object but she does not object to being viewed.

The humor critical of the new nudity comes from various sources: from those who disapprove of nudity in public places; from the no-nude-no-place-nohow-camp (usually led by a gentleman tortured by the fact that on the very day he was born he was found in bed with a lady); as well as from those who gather in crowds to loudly profess being offended but linger on to stare at the offender long after the police have left.

Some boos from the reviewing stand:

> "Vaccinations can no longer be located in places that won't show."

> "You can't judge a woman by her clothes. Insufficient evidence!"

> "The modern girl wears just as many clothes as her grandma, but not all at the same time."

> "Today you can tell right away whether a girl's heart is in the right place."

Public relations has made relations in public respectable. What the old sexual morality kept in the *(continued)*

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"So, How's Your Love Life?"

continued

dark, under bedcovers, has now been moved to the dark of movie theaters.

Since G-rated movies do not rock the boat of traditional morality and X-rated movies make waves, it is the latter that get clobbered with angry humor by those who have been hit by see-sickness at the cinema:

"We suggest that in addition to movie ratings like General Public, Parental Guidance Recommended, Restricted and X, we add XXX: Not Recommended for Children, Teen-agers, Man or Beast."

"When they start making movies with ugly male nudes, we'll know it's an art form."

"How come they haven't filmed the old nursery rhyme: Three men in a tub, rub a dub dub? It should be a humdinger."

"Sex is not vulgar. This picture is."

PTA meetings are generally not well attended unless you can get a hot speaker on a hot subject. Ask the program chairman of any PTA and that person will tell you that Sex is a hot enough subject to pack the house even on a cold night. It hardly matters what the title of the speaker's address will be as long as the first word is sex: Sex and You, Sex and Your Child, Sex and Consumerism, Sex in the Space Age or Sex and the American Revolution.

The largest meeting ever held at one PTA was the result of a short message to parents:

Next Meeting:
SEX AND REFRESHMENTS

During a furor over whether Sex Education should be given in the schools one parent stood up and said:

"Let 'em teach it! If the schools teach sex the way they teach everything else the kids'll lose interest anyhow."

Neither papa nor mama nor the schools taught me about sex, at least not officially. Mama certainly couldn't do it, in spite of the fact that she had given birth to ten children. All I ever got from her were lectures on moral positions. Today's emphasis is on sexual positions.

I learned about life early and about sex late. This does not mean that I was raised in ignorance. I think it was more like innocence.

I believe education should include sex; it should not enshrine it. Sex education can be part of the school curriculum, but we need people in front of the class who have a passion for life, who are willing to speak of the human body in terms of maximal purpose as well as maximal use.

I believe, too, that parents should defend and pass on to their children their own religious, ethical, cultural and family traditions of love and marriage.

There are very few "how-to" books on the subject of love. Here and there I have found lines that speak up for love in a world in which "there are more lovers than love." Some of these thoughts are heavy with sentiment yet light enough to qualify as humor:

"Love is *your* pain in *my* heart."

"The only whole heart is one that has been broken at least once."

"It's good to love the whole world, but it's even better to specialize in one who is more than the whole world to you."

"How's your love life?" as it is put to people today is a statistical inquiry into the frequency of mating rather than a concern for the presence or absence of love in your life.

Generally omitted from discussions of love life are the other loves that are essential ingredients of human life: love of children for parents, parents for children, for brothers and sisters, love of the arts, books, thought, laughter, people, love of giving and forgiving. What sex education needs most is a tenderizer for people.

Sex is not a sin; its moral abuse is.

These demoralizing times

What has happened to our traditional moral values? Let's take, for example, the age-old ethical principle "Honesty is the best policy." Compare it with recent humorous cynicisms about honesty and you'll see the change:

"How do you know if honesty is the best policy unless you've tried some of the others?"

"The truth never dies; it just lives a miserable life."

"The man who always tells the truth is both fearless and friendless."

"Why steal when you can buy on credit and not pay like an honorable man?"

"A lie is a poor substitute for the truth; but so far it's the only known substitute."

A note found under a windshield wiper: "I have just smashed into your car. The people who saw the accident are watching me. They think I am writing down my name and address. They are wrong.
Good Luck!"

Another of the key values that has suffered serious deterioration in our recent civilization is the work ethic.

It was said that if a father did not teach his son a trade it was *(continued)*


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"So, How's Your Love Life?"

continued

as if he had taught him to steal. (My father's birthsto was the grindstone. He left it to his children in his wil

The fact that man no longer praises perspiration or co siders it sacred comes through in our current work hum

> "They say hard work never killed anyone, but why take a chance on being the first casualty?"
>
> "Maybe hard work won't kill a man, but on the other hand who ever heard of anyone resting to death?"

The old work ethic is not going to take it lying dow It fights back. It insists that it is immoral not to earn on pay:

> "Not only is the horse becoming a rare species but so are the people who work like one."
>
> "One of the reasons a buck won't do as much for people as it used to is that people won't do as much for a buck as they used to."

Poor workmanship has become typical of our time:

> "Some people are so good at learning the tricks of the trade that they never get to learn the trade."

The wildest jokes about bad work hardly seem ridiculo anymore. A builder's instructions to the contractor:

> "We don't want the building to collapse, so please do not take away the scaffold before you put up the wallpaper."

Have you read the classifieds lately?

> "Wanted: Man to Assemble Nuclear Fissionable Isotopes, Molecular Reactivity Counters and Three Phase Cyclotronic Uranium Polysynthesizers. No Experience Necessary."
>
> Sign in a laundry window: *We do not tear your laundry with machinery. We do it carefully by hand.*

Many of our time-honored moral precepts are literal being "made fun of" with the serious intention of puttin them up to public ridicule:

> "Early to bed and early to rise makes a man healthy, wealthy and wise," now comes up as: "What can you expect of a day that starts with getting up in the morning?"
>
> "Never put off until tomorrow" becomes: "I'm going to stop putting things off starting tomorrow."

Aesop's fables have been updated for laughs:

> "Once upon a time there was a lion so ferocious that he ate a bull. He felt so great that he roared. A hunter heard him roar and shot him. Moral: If you are full of bull, keep your mouth shut."

And there is the rewrite of a child's old bedtime story

> "Once upon a time there was a mama bear, a papa bear, and a baby bear by a previous marriage."

The gist and the jest of the matter

The new moralities have inherited the earth: What's fu is good and of all fun the funniest is sex. What's more, there a new philosophy: "Not only does anything go, but it wi go anywhere."

Giant-scale social disorders seem to be chronic and vi tually incurable. Honesty and hard work are no longer card nal virtues. Pride in craftsmanship is dying. Like they say

> "If pessimists aren't happy now they never will be." En

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Kim René
San Francisco, California



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av. per cigarette, FTC Report MAY '78.

Warning The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

THE MANY FACES OF SUZANNE SOMERS









Our Valentine cover girl has many sides, we find, as well as a very loving relationship with her husband, Alan.

It's the second season of TV's top-rated *Three's Company* and actress Suzanne Somers is still one of the nation's foremost personalities. But she yearned for some new looks ("I have many personalities," she says), and so the *Journal's* Health and Beauty Editor, Maureen Lynch, went to California to show her how a hairstyle change could spotlight different aspects of Suzanne's charm.

"Suzanne's strong, thick hair and excellent basic haircut made it easy to ring changes," says Maureen. Clockwise, Suzanne (1) gathers her hair in a topknot for at-home ease, with just a few strands at the side. (2) For a gala evening, Suzanne brushes all her hair to one side and adds a dramatic black feather and veil. (3) For sports, she wears a braided pony tail, securely pinned and (4) Ms. Somers, all business, pins her rolled hair to the back and lets the rest fall loosely into curls.

Suzanne's secret: While visiting, we found out that Suzanne regularly writes a Valentine letter to her husband, Alan Hamel. Here, some moving excerpts from this year's effort, showing another side of the actress.

"MY DEAR ALAN:

"After our first date I knew I wanted to spend the rest of my life with you. Your commitment did not come as readily, but when it did, it never wavered. Except once, when I thought I would lose you. When the complications of melding our separate families into one drove a wedge between us.

"It was only when we put the home we bought together on the market that we realized that the most important thing in our life was our love—and keeping it alive. That we had to solve our problems together, not separately.

"If it was possible for me to love you more, Alan, perhaps I would if you would cry more. I understand that men do not express emotion as openly as women. But the few times you have broken down in front of me are the moments that I have felt closest to you, the moments that I have loved you most.

"Thank you, Alan, for making my life fuller and sweeter; for giving me strength and comforting arms to come home to; for understanding my needs and desires and always fulfilling them. For loving me.

SUZANNE"

Photographs by John Lawlor; hair and makeup by Bjorn. At-home fashion by Fernando Sanchez; black evening dress by Clovis; sports outfit by Loomtogs Tennis Whites.

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Everyone remembers Barbara Britton, the lovely star of TV's Mr. and Mrs. North. Recently she discovered a simple new way to color gray hair that many women have asked about.

• ***Dear Barbara:*** **My gray hair has been getting me down. But I'm afraid of the dull dyed look if I color it. I read you were really pleased with Lady Grecian Formula so I looked for it, but there was no color chart. How do I pick my shade?**

Mrs. V.M., Fredrickstown, Ohio

There's no confusing color chart with Lady Grecian. The one clean clear liquid works whatever your original color was. Just comb it through daily until the gray disappears. Then once a week or so keeps your beautiful natural looking color. And no dyed look because Lady Grecian works with the natural chemistry of your hair to retain a natural blend of shades.

• ***Dear Barbara:*** **I've used haircoloring, about 10 years—all kinds. They look fake, dry my hair and split the ends. And I hate those messy touch-ups. Can I switch without waiting til the old color grows out?**

Mrs. L.D., Hallstead, Pa.

Yes indeed. Lady Grecian Formula is compatible with any haircolor you may have been using. It's gentle because it has *no damaging peroxide* so your hair will be softer, healthier. Dry split ends begin to disappear and switching's really easy. Just use Lady Grecian on the gray root area til it blends in. And *no more tiresome touch-ups.*

• ***Dear Barbara:*** **I'm just beginning to get gray, but I don't want to get into complicated haircoloring. Will Lady Grecian work on just a little gray?**

Mrs. B.D., Bowie, Md.

Oh, it's especially good for early gray, because it colors only the gray...And it's so simple, no messy dye. Just comb a few clear drops through the gray til it blends with your natural color. Or, you can even make highlights.

• • •

The uniquely easy way to color gray hair—Lady Grecian Formula, a practically clear liquid that's totally different from ordinary haircolor. Just comb a few drops through daily until you have the color you want. No mixing, no mess *and no peroxide*, so you know it's gentle. No tiresome touch-ups either.

Once you have the color you want, (usually about 10 days), a quick comb-through once a week or so will keep it naturally lovely with no gray roots ever. Available at toiletry counters everywhere.

• • •

***Ask Barbara Britton** about your haircoloring problem. Write: Barbara Britton, Box 328 LB White Plains, N.Y. Questions may be used in a future column.*

To find out how Lady Grecian Formula will work for you, just send $1 with your name and address to the above address.

Combe Inc.

Can This Marriage Be Saved?

continued from page 18

from me and goes to bed by herself. That's a big reason why I immerse myself in business concerns.

"If Maureen does decide she wants a child—I hope you agree the decision should be hers—perhaps you will suggest to her that we increase our sexual activity. It has been seven or eight months since we last shared a bed."

THE COUNSELOR'S TURN

"Both Tor and Maureen had I.Q.'s at the genius level," the counselor said. "Though compatible intellectually, they were emotionally alienated from each other—and the world at large.

"They lacked self-knowledge, knowledge of each other, knowledge of people in general. For example, they described Northerners as 'unfriendly' when, in fact, they themselves were aloof and wary of being close to others.

"The communication gap between the two was wide and deep, their exchanges superficial and deceptive. Thus, Maureen would wish Tor a cheery good morning, hiding her feelings of abandonment because he was about to leave on a lengthy trip. He would conceal his bitterness at her refusal to travel with him. He thought she valued her job more than his companionship. She thought he didn't truly desire her compan

"As a result of their concealment o honest feelings, the confusion betwee them was endless. Tor, for example, ha no idea that Maureen disliked th carved oak mantel and many other pu chases he'd made without consultin her. She didn't tell him. Nor did she sa that she was bored with her job an eager to try her hand at art.

"Serenely confident in their inte lectual ability, Tor and Maureen we extremely unsure of their emotions. H grew up in a household where affectio was shunned—his mother remained shadowy figure throughout our inte views—and from his earliest years h was engaged in fierce competition wit three brothers whom he feared we smarter than he was. Burying himse in perpetual study, he had little conta with other boys or girls. No wonder h described himself as a 'solemn Sam.'

"Maureen lost her father when sh was only nine months old. Her moth promptly remarried, and this new hu band openly resented Maureen.

"Hurt and humiliated by rejection her mother sided with the stepfath —Maureen constantly sought approva Hence the extravagant gifts showere on her ungrateful family and her exce sive fear of losing Tor's good opinion.

"Because of her lack of self-esteem Maureen, despite her good looks, a tracted few masculine admirers. Sh married her first husband to win soci acceptance from her peers. She divorce him when she could no longer ignore th obvious: The young man saw her only a meal ticket through law school.

"She married Tor after a brief a quaintance, though she suspected th he, too, was interested in her earning c pacity and not her love. Her suspicio hardened into certainty when Tor hur back sexually, complained of her spen ing and took control over her paychec Resentment at the imagined injusti grew. She had temper tantrums instea of telling Tor her real feelings.

"In counseling, Maureen and T learned that open communication w much more pleasant and effective tha gloomy silence. Eventually, they bo admitted that they'd welcome a chi and other changes in their lives.

"Maureen signed up for painting le sons and began to work as a part-tim consultant. She now travels with To and both enjoy the companionship.

"Several months ago I received a pos card, with an English stamp, announ ing Maureen's pregnancy. Just the oth day I had a phone call from Tor wh said the guest bedroom is now a nurse and the dining room has been tran formed into an artist's studio. That's th last remodeling they plan to make.

"Maureen, he added, is due in tw months, and she has never felt better her life." En

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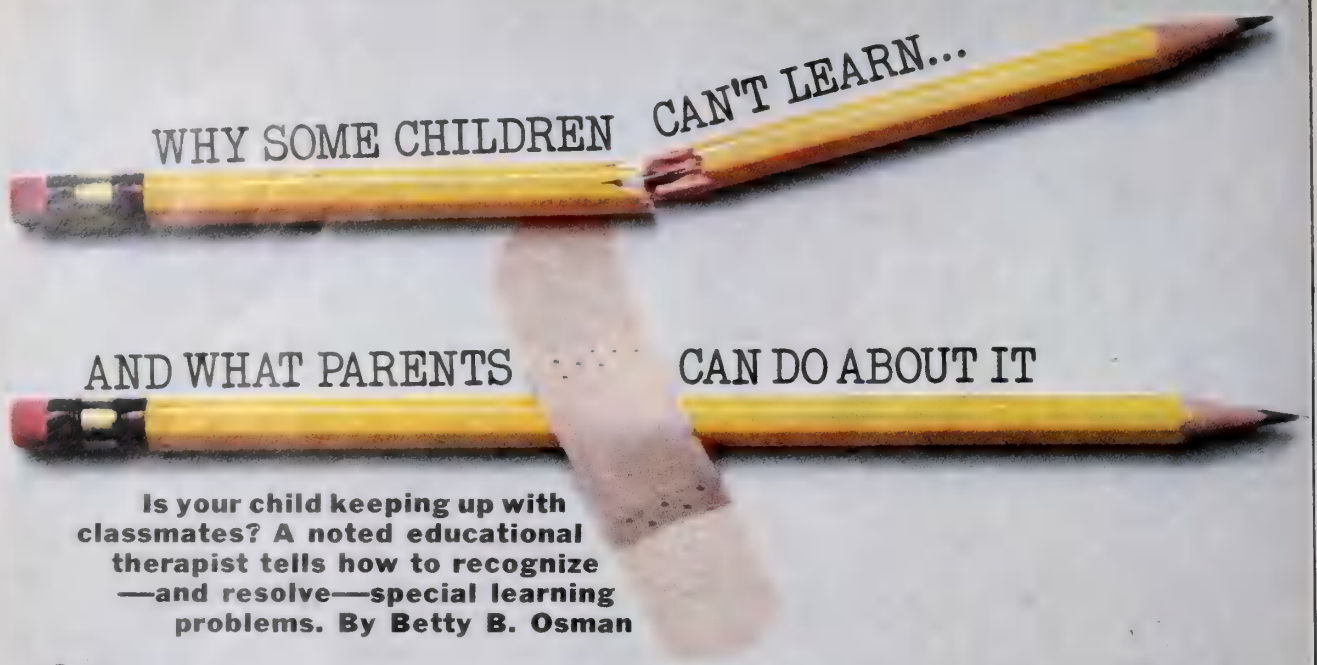
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WHY SOME CHILDREN CAN'T LEARN... AND WHAT PARENTS CAN DO ABOUT IT

Is your child keeping up with classmates? A noted educational therapist tells how to recognize —and resolve—special learning problems. By Betty B. Osman

Jeremy, a very independent four year old, can dress himself, write his name, copy geometric shapes and do puzzles with ease. His speech, however, is babyish and confused. He says "big," for example, when he means "little," and "early" when he means "late."

Expressing his thoughts verbally is often frustrating for Jeremy. He can't seem to find the words he wants. When the effort overwhelms him he'll say, "Oh, nebber mind." Perhaps because of the difficulties he has communicating with other children he seems socially immature. His friends refer to him as "the baby," and this invariably brings tears and howls of anger.

Danny, another four year old, has trouble following directions: "He can't hold on to what I tell him," says his nursery school teacher. "He echoes what is said to him but he isn't able to act on it. It seems as if I can't teach him by talking."

Danny's mother says that he often seems to "lose his train of thought" while talking. "Sometimes he ignores me or doesn't seem to hear. He also hates loud noises and puts his hands over his ears when he hears a fire engine go by."

At different times children like Jeremy and Danny might have been labeled slow, lazy, unintelligent, unmotivated, emotionally troubled, dyslexic, brain injured, neurologically impaired, perceptually handicapped or just plain "dumb." Today, we know that these children may be showing early signs of a learning disability.

A learning disability, as defined by the U.S. Department of Health, Education and Welfare, is a disorder in the understanding or processing of language. This definition applies to difficulties in listening, talking, thinking, reading or in learning math. It does not apply to disabilities primarily due to visual, hearing or motor handicaps, to mental retardation, emotional disturbances or environmental disadvantages.

Some professionals now prefer the more optimistic term learning differences, which suggests that most of these children can learn, albeit somewhat differently and perhaps more slowly than their classmates. The definition of a learning difference is a discrepancy or lag between a child's overall intelligence and the apparent ability to learn in one or more areas. A youngster, for example, may not be able to express thoughts easily but might be a whiz at puzzles. Another may excel in math but cannot read and has trouble with sports. What seems like a behavior problem—excessive irritability, stubbornness, restlessness—also might be an indication of a learning difference.

Every child has his own set of talents. Every child has his own areas of clumsiness. But when an area of difficulty affects a child's educational progress, we call it a learning difference.

No two children look, learn or behave exactly alike, at the same chronological age. How, then, do you distinguish a learning difference from, say, immaturity? Sometimes, even an experienced clinician has trouble making this distinction. But parents who are concerned about a child's development should try to recognize a possible learning difference, and do something about it.

THE EARLY SIGNS

Prolonged language problems are an early indicator of a learning difference. A child may have trouble understanding, processing or expressing words. One child may not comprehend much of what is said to him and may even appear to be deaf. Another may hear and understand but have trouble remembering the names of colors, teachers, even familiar toys. Communicating ideas may be the difficulty. Jill, a seven year old, says, for example, "Mommy, I'm hot. I want my sweater on."

(continued on page 111)

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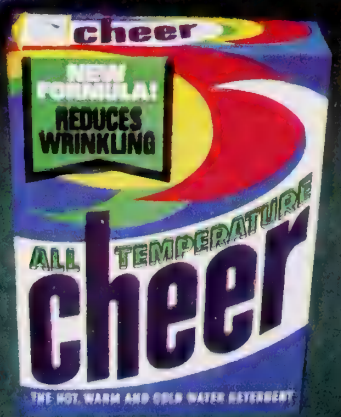


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WHERE DO WOMEN GO FROM HERE?

Where is "the women's movement" headed in the 1980's? Should there be changes in goals, techniques, leadership? The Journal *polls women for some thoughtful views.*

By LENORE HERSHEY

Women's rights. . . . Women in the work force. . . . Changing roles within the family and outside the home. . . . How deeply do all these changes reach into our society—and how are women (and men) reacting to them? To begin a year-long program centered on "Women in the Eighties," the *Journal* sent out a survey both to a blue-ribbon panel of 500 women leaders and to a random group of subscribers. The questionnaires presented 20 varying issues on which women were asked to comment.

MAJOR AMONG THESE IS STILL E.R.A.: "American women will be unable to achieve fairness and partnership until the E.R.A. is ratified; the E.R.A. must remain our most urgent priority," says Muriel Fox, President, NOW Legal Defense and Education Fund. More than 80 percent of the women—readers and leaders—feel that E.R.A. still has a chance if its advocates work hard for ratification. But more than ten percent feel that the amendment will fail, and that new strategies should be devised.

Are American women sympathetic to feminist principles as a whole? Forty-three percent of the leaders, 63 percent of the readers feel they are. But 61 percent of the readers and 57 percent of the leaders contradicted themselves by indicating that most women do not understand feminist principles. The indication that most women are still confused by *(continued on page 144)*

SWEET VALENTINE DREAMS

Harken to Cupid's call in these once-upon-a-time fantasy nightgowns. Gifts to yourself or from your favorite Valentine. By Trudy Owett, Fashion Editor.



Very Shy Violet

Ready to pledge her affections with a budding heart –secure and demure in an Empire gown with sweet puffy sleeves. By Stan Herman for Kentelle, $22.



Bird-of-Paradise

Romance is in the air! Perfect floating on heavenly clouds—a beguiling gown with a lacy bodice, flowing and graceful. By Olga, $23.

Photographs by Joyce Rainboldt, hair by Jacques Corsia, makeup by Rex.
More fashion information on page 144



Pretty Butterfly

Fantasies fly from this treasured hope chest. A wistful moment captured in a winsome nightgown, ankle-length and reminiscent of an old-fashioned pinafore. By Maidenform, $18.



Goddess of Love

In Never-Never Land, this golden flower bower makes a lovely frame for a long and luscious body gown with its touchings of lace. By Vanity Fair, $23.

More fashion information on page 144.



The woman who braked for squirrels

A delightful story with an important point: Labels are fine for boxes and cans, but don't put them on people too quickly. By Will Stanton.

I was annoyed at the woman from the start. Oh, I'll admit that when traffic is heavy you may sometimes have to cut in front of another car, but then it seems to me it's your responsibility to get back to normal speed as soon as possible and not dawdle along at 12 MPH the way the woman ahead of me was doing. I pulled up to about three feet behind her.

Not that I approve of tailgating, but at walking speed it couldn't do any harm and might give the woman a hint. The trouble with this particular maneuver is that it's effective only if the driver ahead is looking in his rearview mirror, which the particular driver ahead was not.

After a while I dropped back a car length and saw the brilliantly printed bumper sticker—LOVE AMERICA. Bumper stickers annoy me anyhow, especially the ones that order you around. After all, the people who founded this country—I slammed on my brakes as the car ahead stopped dead in the middle of the block with no warning. And for no reason. Then the reason ran out from in front of the car—a squirrel.

My opinion of the woman shifted slightly. Practically anyone will brake for a dog or cat, but you have to give extra credit to anyone who will brake for a squirrel in the middle of a busy street. Of course, to get full credit you have to *know* you're in the middle of a busy street, which I was fairly sure my driver did not. She started up again and the bumper sticker moved into view.

As I was saying, the people who founded this country, our forefathers, came here because they were tired of being pushed around, of being told what to do. Today nobody has to do what he's told. The fellow who doesn't like the country much has the same rights as the person who loves it. That's what the country is all about.

Well then, I could hear the woman saying, does that mean you're against love?

My good woman, I said, I'm afraid you fail to perceive the essential nature of love. Love It or Leave It—Make Love Not War—these catch phrases entirely miss the point. Unlike war you cannot legislate love. You can order people to make war. You cannot order people—well, technically, of course—I slammed on the brakes as she stopped again.

I waited. No dog, no cat, not even a squirrel. The woman appeared to be waving at someone on the sidewalk. Well, I thought, nobody had ever accused me of being impatient, but by God—a little kid peered out from between two cars, scurried in front of the woman's car and went back clutching a yellow ball. The woman not only braked for squirrels, she braked for tennis balls. If she would put that on a bumper sticker it might serve some purpose.

I followed her into the shopping center. The parking lot was jammed. I could see an empty space ahead but she stopped before she got to it. Then I saw that the car next to the open space was about to back out. The woman had stopped to give him room. The

Illustration by Dennis Luzak

man in the car gave a little beep on his horn—the woman gave a little wave. Trivial courtesies these—yet it is just such trivialities that help to make the dull day that much brighter. The woman edged forward to the double space and parked her car in the middle. She could see a two-inch tennis ball but she couldn't see a 12-foot yellow line.

I finally found a place and walked on to the market. The woman—Madam X—hadn't gone in yet. Some black kids were having a bake sale for their band and she was looking over their wares, very carefully, like a purchasing agent. A woman of advanced middle years, she was dressed mainly to keep out the cold. Her hair appeared to have been styled with the help of a home-care kit and some passerby. A passerby in a considerable hurry from the looks of it. She finally selected a cookie. One. Then she started rummaging through her purse. I thought she was going to see if they'd take a credit card, but no. She finally handed them a dollar and walked inside. Didn't even wait for her change. The kids were calling after her —thanks—have a good day—right on. Big deal.

She wasn't the only one who could support a worthy cause. I picked up a doughnut and took a bite. I'd forgotten to take my change from my other pants and I had nothing but a $20-bill. Well, no cause was that worthy. I told them I'd pay when I came out of the store. The kid with the cash box said that was okay.

"That's cool," he said, "we put it on the lady's tab." Big deal.

I got a cart and started up the aisle. My wife had given me coupons for a number of specials and I started to look for them.

The first was Honolulu Nectar. I got there just as the woman was taking the last can from the shelf. Madam X. She already had seven other cans in her cart. I had to find a stockroom boy to open a new carton. Then when I got to the cookie aisle she was just leaving with ten packages of Num Num chocolate wafers. I took the one package that my family was entitled to as specifically stated on the coupon.

I happen to be a sort of an amateur judge of character and I had this woman pegged as a self-appointed Robin Hood, ripping off stores of all their coupon specials and then tossing a few crumbs to the bake sale kids. This theory was confirmed when I reached the snack department and found she had taken the last 12 sacks of Cheezee Qs. Not the last sacks on the shelf, mind you—no, according to the stockroom boy they were the last 12 sacks in the store. The woman who gave me my raincheck said it would be about ten days before they got any more in stock. Great. Maybe by then I wouldn't be in the mood for Cheezee Qs.

How Madam X planned to get through the check-out counter I didn't know, unless she happened to be in cahoots with one of the girls there.

I had coupons for self-rising flour and cornstarch. There were plenty of both on the shelves and Madam was nowhere in evidence. I did see her cart a couple of aisles over. Although unattended, it was easy to identify from all the bags of Cheezee Qs and Num Nums and because it was parked broadside across the aisle. Somewhere along the way she had added eight cellophane bags of candy bars—ten bars to a bag. Gradually a pattern was beginning to emerge. Nothing here to indicate the busy housewife, such as flour and baking powder. All junk stuff, things to consume while lolling in front of the TV in a soiled wrapper, staring at shoddy soap operas and giveaway shows. The personality was coming through clearly now: inconsiderate, unethical, self-indulgent.

Well, I thought, that was her problem, not mine. Still I did want to see how she got her loot past the check-out stand. And then I almost missed her. Naturally, I had been watching the regular counters and the woman had wheeled her cart into the eight-item express lane.

Of course, it's no big thing to go over the eight-item limit. But this woman must have had 50. It certainly came as no surprise to me. Anybody who would disregard the "one to a family" restriction would hardly be daunted by an express-only sign. But the time I had gotten my cart to the express lane another woman had moved her cart behind Madam's so I couldn't hear the exchange between her and the check-out girl. But I could catch the tone, which was friendly.

Now, I'm not saying she should have refused to check out the woman or make her return her over-limit purchases. But she didn't have to act so darned chummy either. It seemed to me that when you were dealing with a customer who was brazenly flouting company policy and tradition, the least you could do was act surly and show a little disrespect. Common decency demanded it.

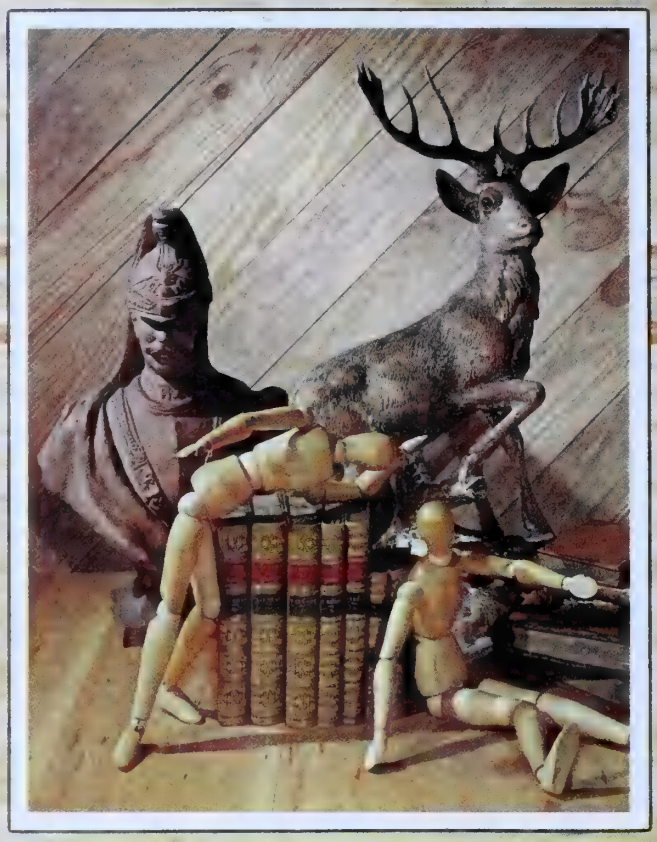
But, no, she was agreeable as could be, smiling and joking. She accepted the coupons and put them in the drawer without even counting them. I cleared my throat forcefully, not for any specific reason, but to let them know the general public was not entirely unaware of what was going on.

When my turn came I mentioned to the girl that some people seemed to take advantage of the eight-item and one-to-a-customer rules. She nodded and went on ringing up my purchases. I said I was thinking of the lady with the cart full of Cheezee Qs and Honolulu Nectar. Oh, she said, Mrs. Lambert? I said I didn't know. Oh, yes, she said, Mrs. Lambert. I said okay, what about Mrs. Lambert? How did she rate all the extra Cheezee Qs and Num Nums?

Well, it turned out she did volunteer work for the Shady Hill Rest Home. "The old folks there don't get a ound much," the girl said, "and they don't have much to spend anyway. So when there's a special sale on some kind of treat, she collects coupons from all her friends and buys the old people whatever they want." I can't say I was surprised. She looked like the type.

I was driving out of the lot when I saw Mrs. Lambert for the last time. She had unloaded her cart and was backing her car out. I stopped so as to give her plenty of room—she was anything but an expert driver. It was strange how much I knew about her without ever having come face to face. She spotted me in the rearview mirror and gave me a friendly little wave of the fingers. As she started off, her front fender nudged the cart and it went wobbling slowly forward and came to a stop against my front bumper. I got out and moved it over beside a lamppost out of the way.

As I got back into the car, I considered that some of the biggest specials in a supermarket are the customers. Maybe we're all so used to labels that we forget that content—and character—are really what matter. We shop too quickly, take too much for granted, let our temperaments and prejudices react too easily. Sometimes people who annoy you turn out to be the ones who brake for squirrels. Sometimes we should learn again the lesson of human trust. **End**



Decorating With Wood

Wood comes with nature's blessings. Nothing man-made can match the smoothness of the polished grain, the smell of fresh timber or the warmth of its earthen colors. Today the trend is toward the pure woods—strong, blond and handsome. Mighty butcher blocks have branched out from the kitchen to all areas of living space. Even hand-me-down furniture looks suddenly new when stripped of its darker dressing. Wood stirs the senses—calling us back to a simpler life. Above: Medley of wood tones—from an antique carved stag to burnished leather books. Opposite: In a dining alcove, chairs were whittled to imitate branches; bold fabrics capture the tawny hues; flooring is easy-care vinyl, echoing parquet. By Nathan Mandelbaum, Director of Interior Design.

All Photographs by Hans Van Nes. Opposite page: Fabrics and Wicker Works chairs from Jack Lenor Larsen; floorcovering by Armstrong; chandelier and accessories from John Rosselli. For shopping information, see page 144.



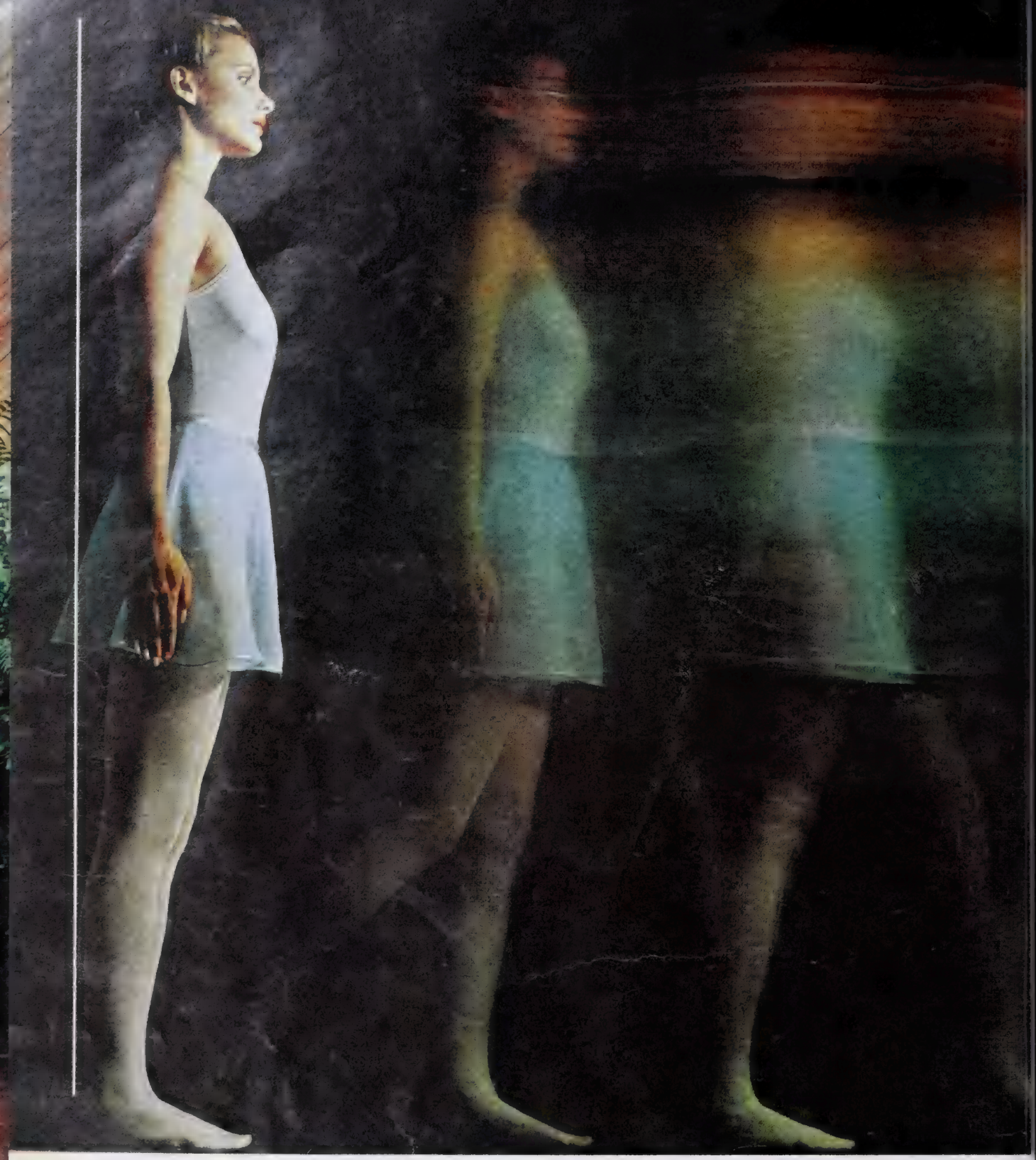


Decorating With Wood

Plain grains—young and fresh as all-outdoors—spruce up this living/dining corner. Simple pine crating walls, whorled fabric and pale Northern elm furniture make a peaceful setting for giant wooden fruits, gliding swans, gleaming copper and mountain greenery.

Furniture by Founders; fabric by Bloomcraft; wooden fruit and swans from Lorin Marsh; clock by Howard Miller. For shopping information, page 144.





Get in touch with your body

Begin by standing against a wall. Where are your head, shoulders, hips, heels? They *should* all be touching the wall, in a plumb line. If they're not, read on. 1. Tuck in buttocks, tilt pelvis upward. 2. Tighten abdominal muscles. 3. Press shoulders back and down. 4. Heels in. Everything touching the wall? 5. Hold for 4-10 seconds. Feel it. To get into habit of this position, repeat often. Then walk away from wall (see above) and keep going...

Posture and your body beautiful

If you want to look ten years younger and ten pounds thinner, try the Journal's new body-beautiful plan for good looks and good health. The key is good posture. Here and on the following pages are the Journal's easy tips and techniques for standing straight, moving gracefully, walking tall . . . and feeling terrific. By Maureen Lynch, Health and Beauty Editor.

What Good Posture Does for You

Good posture is more than standing at *attention*. It applies to the way you move every moment of your life – whether walking, sitting, lifting or pushing. Good posture means looking good without being self-conscious (take our plumb line test, opposite page, to see how you measure up). Do things right and every part of you will sing out with joy. You'll glide as gracefully as the proverbial cat, conserving energy, using your muscles efficiently. Your spine will be freed from nagging aches, your lungs will have more room to breathe (in fact, all internal organs will function better). As an exponent of good posture, people will automatically respond to you better. At a job interview or PTA meeting, good posture makes you look involved and more alert. Slouching stifles your body weight – making you seem out of it and even unattractive. Instead of letting yourself sag and spread, just follow our simple everyday steps for keeping your body balanced and beautiful.

Patterns for Life

Standing up straight and tall is like playing the piano. Practice makes perfect. Also, like a keyboard exercise, it's never too late to learn. The beauty of the human body is that it's always possible to reshape your appearance. Even after years of lazying around, you can unlock the patterns leading to round shoulders, double chins or heavy thighs. Of course, it's better to start off on the right foot. The fact that children imitate your every movement makes it doubly important for you to set a good example. Ideally, you should teach a youngster to use the right muscles as soon as she/he can stand. Critical stage: puberty or what's called the "growth spurt." At this time, it's natural to feel awkward. Any wrong postures should be corrected then – to grow up looking and feeling confident.

Photographs by Paccione.
Hair and makeup by Sharon Slattery; leotard and skirt this page by Capezio Ballet Makers.

Every movement you make can be a study in rhythm and grace.

If you learn to stand properly, everything else you do should fall smoothly into place. Your body likes being orderly. Notice how in the four larger pictures across these pages, the spine (key to good posture) stays relatively straight. It's never been easy, throughout the evolutionary process, since the time we stopped walking on all fours, to stand upright on two legs. Only an erect spine can hold the whole structure in perfect symmetry. But the benefits go beyond body conditioning to outright beauty. Just study the rights and wrongs here. Doesn't the model look instantly younger when sitting up? Or inches taller and slimmer correctly pushing the cart?

Walking

The wrong way, right, means leaning too far back or forward, eyes on ground, which lowers head, curves spine. Ideal, above, has chin up, eyes straight ahead, chest high, rib cage in straight line with spine.



Lifting

Bending from waist, legs semi-straight, shown left, can be harmful. Terrific strain on the back. Correct way, above, is to drop your body down to level of object, grasp firmly and stan up in one smooth motion. Let y leg and abdominal muscles do the heavy work.

Sitting

Backache-on-the-way, at right, comes from head hanging, spine curved, pelvis slouched. Correct, above, with lower back tucked into chair, spine straight, head erect. Some chairs are too deep, arms too high, for comfort. Choose your own with care.



Pushing

Familiar scene at the supermarket, left. Leaning on handle, feeling tired. Right way, above, follows principles of standing and walking. Holding handle closer to body, propelling vehicle. Efficient use of body and energy.

Leotards and tights by Danskin

Exercise is an important part of posture and the body beautiful

Keeping your abdominal muscles toned, plus your back limber, helps posture in general. Strong, tight abdominals act like a "girdle" in supporting the lower and middle spine. All exercises should be done s-l-o-w-l-y. Here are three classic examples...

Exercise I. Upper row, across both pages: Lie on back, hands at sides. Raise knees to chest. In a fluid motion, extend toes to ceiling, knees straight. Count to 5, then, legs together, slowly lower them. Try to hold to count of 10 before heels touch floor. Repeat 5 times; work up to 10. Terrific for lower abdominals.

Exercise II. This page, lower row: Lie on back, hands at sides, knees bent, feet flat on floor. Slowly, smoothly, raise upper body into half situp. Try to fix on a point between ceiling and wall with your eyes and aim for that spot with your hands. Hold to count of 5, slowly lower to starting position. Keep breathing regularly; repeat 5 times, work up to 10. Wonderful workout for upper abdominal muscles (you'll feel it immediately).

Exercise III. Opposite page, lower row: Go on hands and knees, placing hands under shoulders to distribute weight evenly. Curve your back up as high as you can, chin down and in. Count to 5. Reverse, raising chin and lowering back into a deep arch. Count to 5. Repeat 5 times. Excellent for overall back flexibility.

Straighten up and fly right

• Great sports for posture: 1. Swimming, especially the backstroke 2. Biking, 3. Walking (it's the *way* you walk that counts), 4. Gymnastics and modern dance.

• Pretend that your hair is being pulled up into a top knot on the crown; your body will fall in proper perspective and you'll be practicing good posture. Tip from Merita Robarge, Scholl Fitness Consultant.

• Discipline yourself. Check your posture in mirrors and store windows as you pass. Take care to set yourself in the right position until it becomes automatic.

• The old book-on-head technique still works for balance and grace.

• Wearing spike heels can actually throw your posture off-balance. The heel is lifted off the ground tilting the lower leg forward, bending the knee, moving the pelvis forward for balance. This causes a curve in the lower back (lordosis).





Pick Your Own Posture System

Posture and the body beautiful is important enough to be considered a science by various practitioners, each with their own discipline. Here is a brief rundown on three major systems for body conditioning.

Revitalize your life – do-it-yourself

• *Mensendieck* system, founded by Bess Mensendieck, who studied the body first as a sculptress, later as a medical doctor. More than a series of exercises, this method concentrates on correcting ordinary, everyday movements. Jennifer Yoels, Mensendieck expert and teacher, explains in her book, *Re-Shape Your Body, Re-Vitalize Your Life*: "We do not use the proper muscles for the movements we make." She gives a home guide that takes "a minimum of physical effort and a minimum of time." The philosophy is aimed at all ages. "Children can learn early to maintain the beauty and health of their body; young men and women can reshape and rebuild; older people can improve their appearance and revitalize their lives."

Better feeling, more vitality – a unique approach

• *Rolfing*. Ida Rolf, a biochemist, has been teaching her unique plan of deep physical manipulation since the 50's. It takes 10 hour-long sessions by a qualified practitioner to "structurally integrate" or balance your body in the gravity field. During the sessions, muscle tissue is lengthened and bones are allowed to readjust themselves. Results: change in structure and stance; a better feeling; added ease; more vitality; even a taller (and slimmer) look. Process is permanent. Rolfers usually have some psychology training as well.

Posture training and sensory awareness

• *Alexander Technique*. Developed by F.M. Alexander at the turn of the century, this system is based on conscious control of body and mind. Classes are on a one to one, instructor to student, basis. The program consists of 20 45-60 minute sessions, mainly for posture training. Students examine their basic movements (standing, sitting, walking); these movements are stopped and then re-taught in the proper way. It's a more intellectual approach – to break habits through self-knowledge – producing sensory awareness, ease of movement.



Leotards and tights by Capezio Ballet Makers

GOOD AND PLENTIFUL MEATLESS MEALS

Good for you and good for your budget—hearty, healthy dishes made from an abundance of vegetables, nuts, cheese and eggs. Each so satisfying we bet your family won't even miss the meat. For instance, test them on our nutty-patties (bursting with more protein than the average hamburger). Or try out the robust country favorite, roly-poly stuffed cabbage. Clockwise, from left: • Stuffed Eggplant Parmigiana, vegetable barges heaped with spaghetti, mozzarella strips. • Western Omelet Pie. Very clever—crust of crunchy hash brown potatoes. • Can't-Miss Noodle Casserole, extra-fast with frozen vegetables. • Health Burgers. New taste sensation—nutritious lentils, walnuts, wheat germ. These oh-so-good recipes, plus more, on page 106.

Photograph by Jerry Friedman









WAFFLE WONDERS

What's the best thing about waffles? Some say it's the nooks and crannies that capture the syrups and sauces. Others opt for the hot sweetness of the golden grid cakes. Maybe, it's simply their versatility. Waffles can go from a warm-up breakfast to a late supper. Not only plain, but in fancy new ways (we battered up with chocolate, corn, etc.). Clockwise, from top left: *Mocha Torte*, ten stories high. *Chocolate Sundae Cakes*, ice cream sandwiches. *Raspberry Cream Slices*, made with yeast dough. These recipes, plus a wealth more, page 101.

By Sue B. Huffman, Food and Equipment Editor.

Photograph by Irwin Horowitz

WAFFLE WONDERS



1 All-In-One Cooking System by Krups, $250.
2 Deluxe Round Waffle-maker by Toastmaster, $25.95.
3 Grill and Wafflebaker by General Electric, $38.98.
4 Pizzelle Cookie and Waffle Baker by Rival, $33.95.

Potato waffles, terrific for a brunch, with grilled sausages; applesauce, sour cream on top.

Wafflets, little star-shaped appetizers made from a buckwheat mix. To dunk into sour cream, red caviar.

Sour cream herb waffles with Chicken Supreme a la Bresse (with tiny peas). Light luncheon treat.

Double corn waffles (cornmeal and whole kernels) with spicy ham/okra Creole sauce.

Basic buttermilk waffles. These plumped with blueberries, a soothing pat of lemon butter.

Photograph by Irwin Horowitz

Warm-and-wonderful waffles have a charming history. The hot, sweet cakes known as "gaufres" were sold outside of French cathedrals (12th century, no less) every Sunday as a special treat. Baked in elaborate long-handled irons, these early waffles usually depicted intricate religious scenes. When English troubadours returned from their pilgrimages to the grand courts of France, they carried back the recipe for merry old "wafyrs." Meanwhile, in Germany, waffles were a common, everyday food. Known as "waffelen," (the old German word for honeycomb), they were merely a flat bread served along with the meal. It took the ingenious Dutch to turn waffles into a sweet-tooth dessert, with a rich batter made of eggs and heavy cream.

When the first Dutch settlers voyaged to the New World, they packed along their trusty waffle irons. It was a tradition then to give every blushing bride a waffle iron with her initials designed into the grid work. Somewhere it's even recorded that Thomas Jefferson, famous as a gourmet and a gadget collector, kept at least one waffle iron at Monticello.

Americans have long favored waffles as a breakfast specialty, generously buttered and swimming in maple syrup. It wasn't until the New York World's Fair in 1963 that Belgian waffles, slathered with whipped cream and strawberries, became popular. In fact, those sumptuous desserts were literally an overnight sensation.

Today, waffle-baking is easier than ever before. The new electric irons come with fast-heating elements, temperature controls and non-stick finishes. It takes mere minutes to whip up a batter, cook and serve stacks of waffles—square, round or bite-size—for a golden snack or the best part of a delicious meal. Remember—strike while the iron is hot!

WAFFLE WONDERS

continued

ote for all waffle recipes: Do not lift ver of waffle iron while waffle is bak-g. When no more steaming occurs, t cover, loosen waffle with fork.

MOCHA TORTE
pictured on page 98

¼ cups finely ground almonds
¼ cups unsifted all-purpose flour
cup sugar
teaspoon double-acting baking powder
teaspoon salt
¾ cups milk
cup water
cup butter or margarine, melted
eggs
lling
2 cups heavy or whipping cream
2 teaspoons instant coffee
2 squares (1 oz. each) semisweet chocolate
4 teaspoons brandy
¼ cup confectioners' sugar
jar (12 oz.) apricot preserves

rease waffle baker; preheat. In me-um bowl combine first 5 ingredients. small bowl combine remaining in-edients and add to dry ingredients; ir until well mixed (batter will be in). Pour in about ⅓ to ½ cup of bat-r, depending on the capacity of your affle baker. Cover and bake. Let cool mpletely on wire racks. Continue bak-g more waffles with remaining batter. o further greasing should be necessary. *an be prepared in advance. Wrap oled waffles well; freeze up to 2 onths. Thaw, wrapped, at room tem-rature up to 3 hours.)* Makes 10 affles.

lling: Before whipping cream, place eaters and small mixer bowl in freezer chill. In top of double boiler com-ne 2 tablespoons of the heavy cream, stant coffee and chocolate. Melt over t, not boiling, water, stirring frequent-until smooth. Remove from heat; stir brandy. Let cool.

Beat remaining cream at high speed til fluffy, gradually adding sugar one blespoon at a time until soft peaks rm. Fold in mocha mixture.

assemble: Place one waffle on serving platter. Spread with ⅓ cup mocha filling. Top with second waffle, spread with 2 tablespoons apricot preserves. Repeat waffle layers alternating mocha filling and apricot preserves, but *do not* spread apricot preserves on top waffle. Melt remaining apricot preserves (about ⅓ cup) over low heat; strain through fine sieve. Carefully spread strained preserves on top layer. Frost sides of cake and decorate top with remaining mocha filling. Refrigerate until serving time. Makes 12 servings, about 550 calories each.

Ed. note: This recipe was developed for a 7-inch round waffle baker. We rechecked it using an 8-inch square waffle baker and got 7 layers instead of 10. If this occurs with your waffle baker, use more filling and more apricot preserves for each layer.

CHOCOLATE SUNDAE CAKES
pictured on page 99

1¼ cups unsifted all-purpose flour
1 tablespoon double-acting baking powder
½ teaspoon salt
½ cup butter or margarine, softened
1½ cups sugar
2 eggs
3 squares (1 oz. each) unsweetened chocolate, melted and cooled
1¼ cups milk
1 teaspoon vanilla extract
½ gallon brick ice cream
2 jars (7½ oz. each) marshmallow creme
2 tablespoons water
Toppings: Chocolate or butterscotch sauce, sliced strawberries, crushed pineapple, orange slices, chopped nuts

Grease waffle baker; preheat. In medium bowl combine flour, baking powder and salt; set aside. In mixer bowl cream butter or margarine and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Gradually beat in chocolate; add milk and vanilla. Stir in dry ingredients just until well mixed. Pour in ⅓ to ½ cup batter, depending on capacity of your waffle baker. Cover and bake. (See general instructions at the beginning of recipes, but in this case, open waffle iron *slowly*, then loosen with fork. The waffles are very thin.) Continue baking more waffles with remaining batter. No further greasing should be necessary. Cool. Makes 6 whole waffles.

To assemble: Cut each whole waffle into 4 sections. Divide ice cream into 12 equal slices and place on top of half the waffle sections. Top with remaining waffle sections to form sandwiches. Return to freezer until serving time. *(Can be prepared in advance to this point. Wrap well in plastic wrap and freeze up to 2 months.)*

To serve: Heat marshmallow creme and water over hot, not boiling, water until smooth and melted, stirring occasionally. Remove from heat and let cool slightly. Spoon 2 tablespoons creme over each sandwich, then additional toppings as desired. Makes 12 servings, about 510 calories each with marshmallow creme.

RASPBERRY CREAM SLICES
pictured on page 99

Waffles
1 package active dry yeast
½ cup lukewarm water
⅔ cup sugar
½ cup butter or margarine, softened
4 eggs, separated
1 teaspoon vanilla extract
3¼ cups unsifted all-purpose flour
¾ teaspoon salt
2 cups milk
2 cups heavy or whipping cream
¼ cup sugar
1 jar (12 oz.) seedless raspberry jam

Sprinkle yeast over water in small bowl; mix well and set aside.

In large mixer bowl cream sugar and butter or margarine until light and fluffy. Add 2 yolks (reserve remaining 2 yolks for another use) and mix well. Gradually add yeast mixture and vanilla. Beat in 1 cup flour and salt until smooth. Add milk; gradually mix in remaining flour until well combined. In small mixer bowl beat 4 egg whites until stiff but not dry. Gently fold into the batter. Cover and let rise in warm place until doubled in bulk (about 1½ hours).

Grease waffle baker; preheat. Pour in about ⅓ to ½ cup batter, depending on the capacity of your waffle baker. Cover and bake. Continue baking more waffles with remaining batter. No further greasing should be *(continued on page 104)*

No more grocery



bills till 1984!

Winner will have choice of either a $25,000 check now or a check each month for five years based on Spring, 1978, U.S.D.A. Family Economic Review "Liberal Plan" for costs of feeding a family of four with two school-age children. All other free grocery prizes will use the same formula.

Enter The Campbell "Creative Cooking Contest" and you could win free groceries for 5 years! Or 1 year! Or 1 month!

Millions of people across the U.S.A. use Campbell's Soups to create different and delicious foods. To give their cooking that extra touch that makes it sensational.

If you haven't been cooking with Campbell's Soups, now's a good time to start. Because now your original recipe can win 5 years of free groceries. Or $25,000 cash.

Just submit your original recipe using one or more varieties of Campbell's® Soups or Franco-American,® Swanson® or "V-8"® products. Enter as often as you like in any or all of the following categories: 1. Main-Dish Soups. 2. Entrées. 3. One-Pot Meals. 4. Side Dishes. 5. Sauces or Salad Dressings. 6. Baked Foods or Desserts. 7. Microwave-Oven Cooking.

Follow the official rules and you could be a winner!

Now, here's how the contest works:

5 finalists will be chosen in each of the seven categories. That's 35 big-prize winners in all!

One of the seven category winners will be the GRAND-PRIZE WINNER, and will receive FREE groceries for 5 years or $25,000 cash.

The other six category winners will be RST-PRIZE WINNERS, and will receive EE groceries for 1 year or $5,000 cash. e other 28 finalists will be SECOND-IZE WINNERS, and will receive FREE ceries for 1 month or $400 cash.

t wait, there's more!

THIRD-PRIZE WINNERS will have e opportunity to fill a shopping basket vith FREE groceries. That's anything and everything in your store you can fit into a shopping basket!

10,000 FOURTH-PRIZE WINNERS will receive a REE copy of "The Creative Cook," the newest ampbell cookbook with 250 outstanding recipes t'll help you enjoy the art of creative cooking. o start creating your original recipe now. And only will you have a chance to win a fabulous ize, but you'll discover a world of good cooking ought home with Campbell's.

re's how to enter: 1. Type, or hand-print clearly, your recipe an official entry form, or plain sheet of paper no larger than 8½" x 11" (one side only). Be sure you include the following information with your recipe: (a) your complete name, address, and zip code; (b) the name of the Campbell product(s) you have utilized; and (c) the category in which your entry is to be judged: Main-Dish Soups, Entrées, One-Pot Meals, Side Dishes, Sauces or Salad Dressings, Baked Foods or Desserts, Microwave-Oven Cooking. Your recipe must use one or more of the following Campbell products: Campbell's Condensed, Chunky® or Soup for One® Soups, Campbell's Tomato Juice, "V-8" Cocktail Vegetable Juice, Swanson Canned Products, Franco-American Gravies or Pastas, Campbell's Bean Products.

2. Mail your entry to: **Campbell Soup Company, "Creative Cooking Awards" Contest, P.O. Box 9179, Blair, Nebraska 68009.**

Entries must be received by April 14, 1979. Enter as many times as you wish, but mail each entry separately. Each entry submitted must be accompanied by the entire label from the Campbell product(s) utilized in your recipe (Campbell's Condensed Soup, Chunky Soup, Soup for One Soups, Campbell's Tomato Juice, "V-8" Cocktail Vegetable Juice, Swanson Canned Products, Franco-American Gravies or Pastas, Campbell's Bean Products).

3. Entries will be judged under the supervision of the D. L. BLAIR CORPORATION, an independent judging organization, whose decisions will be final on all matters relating to this contest. All entries will be judged on the basis of originality (10%), creativity (30%), appropriateness of the idea (40%), and ease of preparation of the idea (20%).

4. The top 49 entries (seven in each of the seven categories) will be kitchen-tested under the supervision of the D. L. BLAIR CORPORATION and judged on the appearance and taste of the finished recipe. The top 35 entries (five in each of the seven categories) will be kitchen-tested under D. L. BLAIR's supervision, and final major prizewinner determination will be made based upon the judging criteria in rule #3, as well as the appearance and taste of the finished recipe.

5. Entries submitted are limited to the categories listed in rule #1. Each entry submitted will be eligible for only the one category indicated on the entry. Entries must include directions for preparation, mixing, cooking, temperature setting, cooking time, and list all the ingredients used. Ingredients should be readily available and given in level standard American measurements.

6. All potential winners will be required to sign an affidavit certifying that their entries are their own original recipe and have not been previously published, have not won a previous prize or award, and that they have followed the official rules of this contest. All entries submitted become the exclusive property of Campbell Soup Company, and none can be returned. Entry into the contest constitutes permission to use recipes, names and/or likenesses of entrants in any manner by Campbell Soup Company, its advertising or public-relations agencies.

7. This contest is open to residents of the U.S.A. except employees and families of employees of Campbell Soup Company, its affiliates, advertising agencies, the D. L. Blair Corporation, and those involved in the preparation of food or recipes on a professional basis. Void where prohibited by law. Subject to all federal, state and local laws and regulations. All prizes are non-transferable, and no substitution for prizes is permitted. Limit one prize per family. All tax liability for prizes is the sole responsibility of the winners. All prizes will be awarded. In the event of a tie, duplicate prizes will be awarded.

8. For the names of major prizewinners, send a separate, self-addressed, stamped envelope to: The Campbell Soup "Creative Cooking Awards" Contest, P.O. Box 8463, Blair, Nebraska 68009.







My Original Recipe:
(Hand-print or type only)

CAMPBELL PRODUCT(S) UTILIZED IN MY RECIPE:

CATEGORY (CHECK ONE ONLY):
Main-Dish Soups ☐ Entrees ☐ One-Pot Meals ☐
Side Dishes ☐ Sauces or Salad Dressings ☐
Baked Foods or Desserts ☐ Microwave-Oven Cooking ☐

Name _____

Address _____

City _____ State _____ Zip _____

Mail entry form to: Campbell Soup Company, "Creative Cooking Awards" Contest, P.O. Box 9179, Blair, Nebraska 68009.

WAFFLE WONDERS

continued from page 101

necessary. Let cool completely on wire racks. *(Can be prepared in advance to this point. Wrap well and freeze up to 2 months. Heat in toaster.)* Makes 5 to 7 whole waffles.

To serve: Pour cream into bowl and beat on high speed until thick, gradually adding sugar. Continue beating until soft peaks form. Cut each waffle into 4 sections. Spread each section with 1 tablespoon whipped cream and 1 teaspoon raspberry jam. Top with a second section. Spread with another 2 tablespoons whipped cream and 1 teaspoon raspberry jam. Serve immediately or refrigerate until serving. Makes 10 to 14 servings. About 570 calories for 10 servings; 405 calories for 14 servings.

POTATO WAFFLES
pictured on page 100

3 medium potatoes, cut into chunks (2 cups)
2 large onions, quartered
½ cup unsifted all-purpose flour
2 eggs, separated
1¼ teaspoons salt
⅛ teaspoon pepper

Place potatoes in food processor with shredding blade. Remove from bowl and pat dry between paper towels. Attach steel blade; place onions in food processor, finely chop. Add potatoes, flour, egg yolks, salt and pepper to processor bowl; process for 1 minute until well combined. Pour into large bowl. (Shredding, chopping and mixing may be done by hand if you don't have a food processor.) In small bowl beat egg whites until stiff but not dry. Fold lightly into potato mixture.

Grease waffle baker; preheat. Pour in about ½ to ⅔ cup batter, depending on the capacity of your waffle baker. (The waffle will be thin; therefore, one side does not brown.) Continue baking more waffles with remaining batter. No further greasing should be necessary. Makes 5 to 8 whole waffles, about 40 calories per quarter.

To serve: Top with sour cream and applesauce; serve with grilled sausages.

SOUR CREAM HERBED WAFFLES
pictured on page 100

2 cups unsifted all-purpose flour
¼ cup finely chopped green onions
1½ tablespoons sugar
1 tablespoon finely chopped parsley
1 teaspoon baking soda
1 teaspoon salt
½ teaspoon dried sage
3 eggs, separated
1 cup milk
1 cup (8 oz.) sour cream
2 tablespoons butter or margarine, melted

Grease waffle baker; preheat. In medium bowl combine first 7 ingredients. In small bowl combine egg yolks, milk, sour cream and melted butter or margarine. Add to dry ingredients; stir until well mixed. In small mixer bowl beat egg whites until stiff but not dry; fold into batter. Pour in ⅔ to 1¼ cups batter, depending on the capacity of your waffle baker. Spread batter evenly. Cover and bake. Continue baking more waffles with remaining batter. No further greasing should be necessary. *(Can be prepared in advance. Wrap well and freeze up to 2 months. Heat in toaster.)* Serve with Chicken Supreme à la Bresse (see below). Makes 5 or 6 whole waffles, about 95 calories each quarter.

CHICKEN SUPREME A LA BRESSE
pictured on page 100

¼ cup butter or margarine
¼ cup chopped onion
3½ tablespoons all-purpose flour
1¼ cups chicken broth
1 cup heavy or whipping cream
2 cups cooked chicken, cut into bite size pieces
1¼ teaspoons salt
Dash pepper
1 package (10 oz.) frozen tiny peas, thawed
¼ cup dry vermouth

In medium saucepan melt butter or margarine over low heat. Add onion and sauté until soft, about 2 to 3 minutes. Stir in flour and cook, stirring constantly with wire whisk or wooden spoon, until mixture begins to boil. Gradually add chicken broth and cream, stirring constantly until smooth. Increase heat to medium; bring mixture to boil. Reduce heat; add chicken and simmer 2 minutes until chicken is heated through. Add salt, pepper, peas and vermouth; simmer 3 minutes. Makes 5 cups, about 230 calories per ½ cup.

BUTTERMILK WAFFLES
pictured on page 100

2 cups unsifted all-purpose flour
2 tablespoons sugar
2½ teaspoons double-acting baking powder
¾ teaspoon baking soda
½ teaspoon salt
⅛ teaspoon mace (optional)
2 eggs, separated
2 cups buttermilk
⅓ cup butter or margarine, melted

Grease waffle baker; preheat. In medium bowl combine all dry ingredients. In small bowl combine egg yolks, buttermilk and melted butter or margarine. Add to dry ingredients, stir until well mixed. In small mixer bowl beat egg whites until stiff but not dry. Fold into batter. Pour in about ⅔ to 1¼ cups batter, depending on the capacity of your waffle baker. Cover and bake. Continue baking waffles with remaining batter. No further greasing should be necessary. *(Can be prepared in advance to this point. Wrap well and freeze up to 2 months. Heat in toaster.)* Makes 4 whole waffles, about 120 calories each quarter.

Variations

Bacon-Pecan: Add ¾ cup chopped pecans to dry ingredients. Do not grease waffle baker. Place 2 slices (or 4 half slices) uncooked bacon on preheated waffle baker. Cover and cook until lightly browned and crisp, about 3 to 5 minutes. Pour 1 cup batter over bacon; bake as directed. Makes 4 whole waffles, about 175 calories each quarter.

Blueberry with Lemon Butter topping: Substitute ½ teaspoon cinnamon for mace. Add 2 cups blueberries to dry ingredients; bake as directed. Serve with Lemon Butter. Makes 4 whole waffles, about 130 calories each quarter without Lemon Butter.

Lemon Butter: Beat ½ cup softened butter or margarine, ¼ cup honey, 1 tablespoon lemon juice and ½ teaspoon grated lemon peel. Spread on hot waffles. About 130 calories per tablespoon.

WAFFLETS
pictured on page 100

1¼ cups milk
1 cup buckwheat pancake/waffle mix
1 egg
2 tablespoons butter or margarine, melted

Grease waffle baker; preheat. In medium bowl combine milk, pancake/waffle mix, egg and butter or margarine. Beat with wooden spoon until well blended. (Batter will be thin.) Drop batter by teaspoonfuls, about 1 inch apart, onto waffle grids. Cover and bake. Let cool on wire rack. Continue baking wafflets with remaining batter. No further greasing should be necessary. *(Can be prepared in advance to this point. Wrap well and freeze up to 2 months. To crisp, place on cookie sheet and heat in a preheated 350°F. oven for 3 to 5 minutes.)* Yields about 6 dozen, about 13 calories each. Serve as an appetizer with sour cream and red caviar.

DOUBLE CORN WAFFLES
pictured on page 100

1 cup unsifted all-purpose flour
1 cup yellow cornmeal
4 teaspoons double-acting baking powder
1 tablespoon sugar
1 teaspoon salt
1 cup (8 oz. can) whole kernel corn, drained
3 eggs, separated
1½ cups milk
⅓ cup butter or margarine, melted

Grease waffle baker; preheat. In medium bowl combine first 5 ingredients. In small bowl combine corn, egg yolks, milk and butter or margarine. Add to dry ingredients; stir until well mixed. In small mixer bowl beat egg whites until stiff but not dry. Fold into batter. Pour in about ⅔ to ⅞ cup batter, depending on the capacity of your waffle baker. Cover and bake. Continue baking waffles with remaining batter. No further greasing should be necesary. *(Can be prepared in advance to this point. Wrap*

(continued on page 110)

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The Lean American

continued from page 96

STUFFED EGGPLANT PARMIGIANA
pictured on page 96

- 2 small eggplant, about ¾ to 1 lb. each
- Salt
- 1 tablespoon salad oil
- 4 ounces thin spaghetti, broken into 2-inch pieces (1⅓ cups dry)
- 1 tablespoon butter or margarine
- ½ cup chopped onion
- 1 jar (15 oz.) spaghetti sauce
- Pepper
- 1 cup (½ pint) small-curd cottage cheese
- ¼ cup Parmesan cheese
- Oregano
- 1 package (8 oz.) mozzarella cheese, cut into strips

Cut eggplant in half, lengthwise. With paring knife or grapefruit spoon, carefully remove pulp, leaving a shell ¼-inch thick. Cut eggplant into ¾-inch cubes. Sprinkle shells and cubes with salt. Let stand for 15 minutes. Preheat oven to 350°F. Drain eggplant; toss cubes lightly with oil. Place on baking sheet and bake cubes for 15 minutes until fork tender.

Meanwhile, cook spaghetti according to package directions. Drain. In medium saucepan, melt butter or margarine. Add onion and sauté until soft. Stir in spaghetti sauce. Season to taste with salt and pepper. Simmer for 5 minutes over low heat.

Add eggplant cubes, cottage cheese and spaghetti to spaghetti sauce and stir until well mixed. Spoon spaghetti mixture into eggplant halves. Sprinkle with Parmesan cheese and oregano. Bake for 10 to 15 minutes. Top with strips of mozzarella cheese. Bake for another 10 minutes or until cheese is melted and filling is hot and bubbly. Makes 4 servings, about 450 calories each.





WESTERN OMELET PIE
pictured on page 97

- 3 tablespoons salad oil
- 1 cup chopped onions
- 3½ cups frozen hash brown potatoes (from a 32 oz. package)
- 1½ teaspoons salt
- 2 tablespoons butter or margarine
- 1 green pepper, chopped
- 2 tablespoons chopped parsley
- 1¼ cups milk
- 4 eggs, beaten
- 1 cup grated Swiss cheese

Preheat oven to 400°F. In a medium skillet heat salad oil. Add ½ cup onions and sauté until soft. Add frozen hash browns and 1 teaspoon salt. Cook over medium high heat until potatoes are soft, about 5 minutes. Pat into bottom and sides of 9-inch pie plate, forming crust. Bake 20 minutes.

Meanwhile, in the same skillet melt butter or margarine. Add pepper, remaining onions and parsley and sauté until tender. In medium bowl combine milk, eggs and ½ teaspoon salt. Sprinkle crust with green pepper mixture and grated cheese; then pour in egg mixture. Bake 30 minutes or until set and lightly golden. Makes 6 servings, about 360 calories each.

CAN'T-MISS NOODLE CASSEROLE
pictured on page 97

- 1 package (8 oz.) medium egg noodles
- ¼ cup butter or margarine
- 2 medium onions, chopped
- 3 tablespoons flour
- 2 cups milk
- 2 tablespoons chopped parsley
- 1¾ teaspoons salt
- ⅛ teaspoon pepper
- 2 teaspoons Worcestershire sauce
- 1 cup small-curd cottage cheese
- 1 package (10 oz.) frozen peas, thawed
- 1½ cups cooked sliced carrots
- 1 cup (4 oz.) shredded sharp Cheddar cheese

Cook noodles according to package directions; drain. Preheat oven to 350°F. In medium saucepan melt butter or margarine. Add onions and sauté until soft, about 2 to 3 minutes. Stir in flour and cook over medium heat for one minute, stirring constantly. Slowly add milk, parsley and seasonings.



ok until sauce thickens, stirring frequently. Stir in cottage eese and cook, stirring constantly, until smooth. Combine odles, vegetables and sauce and pour into a 2½-quart cas-ole. Cover, bake 25 minutes. Remove cover, sprinkle th cheese. Continue baking 5 more minutes or until eese melts. Makes 8 servings, about 340 calories each.

HEALTH BURGERS
pictured on page 97

cup lentils, rinsed, drained
cups water
teaspoons salt
ablespoons butter or margarine
up chopped green onions
arlic clove, crushed
cup fresh bread crumbs
¼ cup wheat germ
1 cup finely chopped walnuts
2 eggs
4 teaspoons steak sauce
3 drops bottled red pepper sauce
Sliced tomato or onion, optional

medium saucepan combine lentils, water and ¾ teaspoon t; heat to boiling. Reduce heat to low; cover and simmer 25 minutes or until tender. Drain and discard excess cook-liquid. Mash lentils. Meanwhile, in a medium skillet melt ablespoon butter or margarine. Add onions and garlic and até until soft, about 2 to 3 minutes. Stir in lentils along th crumbs, wheat germ, walnuts, eggs, steak sauce, ½ tea-oon salt and hot pepper sauce. Shape into 4 patties. In llet melt remaining 2 tablespoons butter or margarine. d patties and fry over medium heat, until brown, 3 to 5 nutes each side, lifting patties occasionally with spatula to event sticking. Serve with sliced tomato or onion, if de-ed. Makes 4 large burgers, about 545 calories each.

SPINACH PIE
pictured on page 110

ackages (10 oz. each) frozen chopped spinach, thawed and drained
1 container (15 oz.) ricotta cheese (1¾ cups)
4 eggs, slightly beaten
1 cup (½ lb.) unsalted butter
⅔ cup chopped onion
½ pound feta cheese, crumbled
1 teaspoon salt
¼ teaspoon pepper
12 sheets filo or strudel dough

Squeeze spinach dry on paper towels. In skillet melt 2 tablespoons butter; add onion and sauté over medium heat until soft, about 2 to 3 minutes. Add spinach and sauté a few minutes more. Set aside to cool. Add cheeses, eggs, salt and pepper to spinach mixture. Stir until well mixed.

Preheat oven to 350°F. Melt remaining butter. Cover bottom of a 13x9-inch baking pan with six sheets (leaves) of filo dough, brushing each sheet lightly with melted butter. (Trim sheets if necessary.) Spread evenly with the spinach filling. Cover with six more sheets of filo dough, again brushing each sheet lightly with melted butter. Make the top sheet as smooth as possible. To retain filling, seal edges by tucking them under with a spoon. With a sharp knife cut through top filo layer to spinach. Brush top with any remaining melted butter. Bake for 45 minutes until golden. Makes 9 servings, about 390 calories each.

STUFFED CABBAGE LEAVES
pictured on page 110

Filling
1 tablespoon butter or margarine
½ cup chopped onion
1 garlic clove, crushed
1 cup brown rice
2 packets instant vegetable broth or 2 vegetable bouillon cubes
2¾ cups water
⅓ cup hulled sunflower seeds
¼ cup seedless raisins
1 teaspoon salt
½ teaspoon cinnamon
Dash cayenne pepper

Sauce
3 tablespoons butter or margarine
1 cup chopped onion
1 garlic clove, minced
3 tablespoons flour
2 cans (16 oz. each) tomatoes in thick purée
½ teaspoon salt
¼ teaspoon pepper
1 large head cabbage, core removed
2 eggs, slightly beaten

(continued)




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DINNERS
Macaroni & Cheese Dinner
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Filling: In medium saucepan melt butter or margarine. Add onion and garlic and sauté until soft, about 2 to 3 minutes. Stir in rice; sauté a few minutes longer. Add instant vegetable broth, water, sunflower seeds, raisins, salt, cinnamon and cayenne pepper. Bring to a boil; cover and simmer on low heat for 15 minutes until liquid is absorbed. Set aside to cool.

Sauce: Meanwhile, melt butter or margarine in large saucepan. Add onion and garlic and sauté until soft. Stir in flour and cook for one minute.

Gradually stir in tomatoes and their liquid, salt and pepper. Bring to boil; reduce heat and simmer 12 to 15 minutes, stirring often.

Meanwhile, place cabbage, cored side down, in a large saucepan in 1½ inches of boiling water. Cover and steam for 15 minutes until leaves are soft and pliable. Carefully peel off 18 or so outer leaves.

Stir eggs and one cup of sauce into filling until well mixed. Preheat oven to 350°F. With a paring knife, remove hard vein from each cabbage leaf. Place about ¼ cup filling on each leaf, tuck in sides and roll up from stem end, jelly roll fashion, to form a tight bundle. Spoon 1 cup sauce in bottom of a 13x9-inch baking dish. Place stuffed leaves in dish, stacking if necessary. Bake, covered, for 20 minutes. Spoon remaining sauce over rolls and continue baking for 20 more minutes. Makes 6 servings, about 420 calories each.

VEGETABLE CURRY
pictured on page 110

A cooling yogurt sauce tops this spicy East Indian specialty.

¼ cup salad oil
1½ teaspoons cumin seeds
2 cups chopped onions
1 can (4 oz.) chopped green chilies, undrained
1 tablespoon salt
2 tablespoons ground coriander
1 teaspoon turmeric
1 bay leaf
2 medium potatoes, diced (about 1½ cups)
¼ cup water
2 medium carrots, thinly sliced
2 cups cauliflower flowerettes (1 small head), reserve remainder of cauliflower for another use
1 package (10 oz.) frozen peas, thawed
1 medium zucchini, thinly sliced
1 can (20 oz.) chick peas or garbanzo beans, undrained

Sauce
2 cups plain yogurt
1 large cucumber, peeled, seeded and grated
¼ teaspoon salt
⅛ teaspoon ground cumin

In large skillet heat oil over medium-high heat. Fry cumin seeds until brown, about 45 seconds. Turn heat *(continued)*

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Reese's Peanut Butter Chip Chocolate Cookies

1 cup butter/margarine
1½ cups sugar
2 eggs
2 teaspoons vanilla
2 cups unsifted all-purpose flour
⅔ cup Hershey's® Cocoa
¾ teaspoon baking soda
½ teaspoon salt
2 cups (12 oz. package) Reese's® Peanut Butter Chips

Cream butter or margarine, sugar, eggs and vanilla until light and fluffy. Combine flour, cocoa, baking soda and salt; add to creamed mixture. Stir in peanut butter chips. Chill until firm enough to handle.

Shape small amounts of dough into 1-inch balls. Place on ungreased baking sheet and flatten slightly with fork. Bake at 350°, 8-10 minutes. Cool 1 minute before removing from cookie sheet onto wire rack. Makes about 6 dozen 2½-inch cookies.

More new recipes on the package.

If you love good coffee, why stop at half a cup?

MEATLESS MEALS

continued

to medium low and add onions, chilies, salt, coriander, turmeric and bay leaf. Cook for 2 minutes.

Add potatoes and water; cover and simmer on low for 10 minutes. Add carrots and cauliflower; cover and simmer for 5 to 7 minutes more. Add peas, zucchini and chick peas; cover and simmer another 10 minutes. Remove bay leaf. Serve with Yogurt Sauce. Makes 6 servings, about 410 calories each with yogurt sauce.

Sauce: Combine all ingredients for sauce in medium bowl. Cover and refrigerate until chilled. Makes 2½ cups, about 7 calories per tablespoon. **End**



Clockwise from top right: Vegetable Curry with Yogurt Sauce, Stuffed Cabbage Leaves, Spinach Pie.

WAFFLE WONDERS

continued from page 104

well and freeze up to 2 months. Heat in toaster.) Serve with Creole Sauce (see below). Yields 6 whole waffles, about 90 calories each quarter.

CREOLE SAUCE

¼ cup butter or margarine
1½ cups chopped onions
1 cup chopped green pepper
1 can (28 oz.) whole tomatoes
2 teaspoons sugar
2 teaspoons salt
¾ teaspoon dried thyme
⅛ teaspoon cayenne pepper
1 bay leaf
1 chicken bouillon cube
2 cups (8 oz.) cooked diced ham
1 package (10 oz.) frozen chopped okra, thawed

In medium saucepan melt butter or margarine over low heat. Add onions and green pepper; sauté until onions are soft and translucent. Increase heat to medium, stir in tomatoes and next 6 ingredients and heat to boiling. Reduce heat and simmer uncovered 40 minutes, stirring occasionally. Add ham and cook 15 minutes. Stir in okra and cook 5 to 7 minutes or until tender. Remove bay leaf. Serve over Double Corn Waffles. Makes about 5 cups sauce, about 115 calories per ½ cup. **End**

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DECAFFEINATED COFFEE



WHY SOME CHILDREN CAN'T LEARN...

continued from page 76

Another early indicator of a learning difference is faulty perception, which means that sensory information, like sight and sound, gets confused. For example, Barry, a nine year old whose eyesight is normal, nevertheless has trouble judging space and direction. He finally learned to bat a ball but, says his mother, "Then he doesn't know where to run. He can't find the bases." Some children trip over their own feet more often than others, frequently spill their milk or fall. These may be signs of poor spatial orientation and may lead to problems with math and sports.

Another youngster will not notice the bird on the grass or the teddy bear on the shelf. His parents say, "He can't find something even if it's right in front of his nose." The print on a page may confuse a child; words may "move" or "look different" from sentence to sentence. Kenny, 11, says that the pages "glare" and the words "jump."

Many children whose hearing is within the normal range on a hearing test cannot make sense of what they hear. Ronny, in third grade, heard a car honk outside. He looked puzzled and asked, "What was that, a firecracker?" Other children have such acute hearing that they can be distracted from schoolwork by the sound of a leaf rustling.

A child may understand what he hears but find it hard to listen attentively, perhaps only reacting to short units of language. He misses much of what is said because he cannot process words fast enough. You might ask your daughter, for example, to "go upstairs, get dressed and bring down a sweater." She may only have heard the phrase "go upstairs" and so returns empty-handed, still in pajamas.

Sometimes words that sound alike are confused. Carrie thought her father was saying, "Your goat is dead," when he was saying, "Go to bed."

In order to be able to retell a story we have to recall it in sequence. Children who cannot put things in correct order often have trouble telling a story, recounting an event and, of course, learning to count or to tell time.

Difficulty working with one's hands also shows up early. The child who has this problem will avoid drawing, coloring, cutting and she may not be able to tie her shoes or write her numbers.

Though many children have learning differences that center on language or perception, a third group displays early signs and symptoms in general behavior. Parents recall that, even as infants, their children were moody, restless, exhausting but never exhausted. Later on, they noticed that the youngsters were stubborn or fearful, or lacking in caution and good sense. When it's grade-school time, parents hear reports like: "Andy cannot get along with his classmates. He teases them or is gullible; he's the class clown and scapegoat. In general, he behaves immaturely." Or, "Sharon seeks younger children as playmates but her friendships are rarely long-standing."

Another frequently heard clue from parents is that their child fears change or is reluctant to try anything new. One seven year old became hysterical when his father deviated from the usual route to school. With little confidence and security in their own perception of the world, it is no wonder that such children rely on and trust only the very familiar.

Many parents ignore their own suspicions about a child's development. They don't ask questions and they wait until a teacher, pediatrician or school psychologist tells them that their child may have a learning difference. This attitude postpones much-needed attention.

Parents who suspect a problem should try to overcome their own, perfectly natural feelings of guilt and fear, so they can focus on the child's difficulties. It's often reassuring for parents to know that they, sometimes with the aid of professionals, can usually do a great deal to help a young child catch *(continued)*



WHY SOME CHILDREN CAN'T LEARN...

continued

up in lagging areas of development. Besides asking for and getting help, it's equally important for parents to supply emotional support and understanding. Remember, when learning is hard, a child's entire world is unsteady.

How can you help at home?

"Jimmy, what's taking you so long? You're going to be late for school again! Can't you *ever* be on time?"

The time is 8:30 A.M., and everyone in the Merlin household is angry with nine-year-old Jimmy. Mrs. Merlin was supposed to leave for work ten minutes ago and she still has to drive Jimmy and Susan, his younger sister, to school. Older sister Jennie balked but finally agreed to walk the dog, although it's Jimmy's turn. Mrs. Merlin has been through this unpleasant scene almost every weekday morning since school began a month ago.

Upstairs, Jimmy is oblivious to the tensions he has created below. He's still in his pajamas, watching his goldfish chase each other in their bowl. He "comes to" with a start when he hears the urgency of his mother's voice and remembers unhappily that this is another school day. *Where did my shoes go? They were here last night. My pants are inside out. What am I going to do? Now Mother is angry. Why does this always happen to me?*

In Jimmy's family, his presence seems to charge the atmosphere. Much of the turmoil revolves around him. He feels the resentment of his sisters and parents and accepts with resignation his role as the family troublemaker.

In many homes, a child with a learning difference is the catalyst for tension and chaos. Some of the reasons undoubtedly lie within the child. His anxieties and unpredictable outbursts seem impossible to control. He tends to dawdle, to be disorganized, and is unaware of the consequences of his actions. The child, however, may be held responsible for more chaos than even he could possibly create.

Realistically, with his problems, Jimmy's parents should not expect him to dress himself, feed his goldfish, make his bed, eat breakfast, walk the dog and gather his schoolbooks in time to leave for school with his mother and sister. Therefore, his parents must provide order in his world until such time as he can manage for himself.

Organization key word

A key word for a family in this situation is organization. If Jimmy were awakened 15 minutes earlier, his mother or father would be on hand to keep him moving. Clothing could be laid out for him the night before. Breakfast could be toast and cheese to eat with his fingers on the way to school. There might be a storage box or shelf near the front door so Jimmy could always find his boots and books.

But parents, wanting a child like Jimmy to learn to function independently, may refuse to help with routine tasks. "We mustn't baby him," or, "He can do it if he tries," they say. The result is usually criticism and punishment, which can actually serve to reinforce undesirable behavior.

In some families, the child with the problem unwittingly becomes the scapegoat, the butt of everyone's anger and frustration. Eleven-year-old Russell, for example, the middle child and only boy, was constantly told by his older sister that he was stupid. His younger sister also teased him. She played with his precious possessions and, if Russell hit her, she'd cry and run to her mother, knowing what would happen. "You should know better," his parents would say to him as they meted out the punishment. "She's just a baby."

Russell felt he was "picked on" but thought it was because he always did "bad things." He had begun to accept the fact that he couldn't do anything right and that when his sister called him a "retard" she wasn't far wrong. He tried to beat her to the punch, saying, "I rot," or "I'm dumb," which upset his parents even more. *(continued)*

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Easy Choco-Nut Pie

3/4 cup peanuts
3 eggs
2 tablespoons milk
1 teaspoon vanilla
1/2 cup firmly packed brown sugar
1/2 cup granulated sugar
2 tablespoons flour
1/2 cup butter or margarine, softened
2 squares BAKER'S® Unsweetened Chocolate

Grind 1/2 cup of the peanuts in electric blender container; chop remaining nuts. Pat ground nuts on bottom and sides of well-greased 9-inch pie pan. Combine eggs, milk, vanilla, sugars, flour and butter in blender. Blend at medium speed about 1 minute, or until well blended. Add chocolate and blend at medium speed 2 minutes longer, or until smooth. Pour into pan, sprinkle with chopped nuts. Bake at 325° for 40 minutes. Serve warm or cool.
Store any leftover pie in refrigerator.

Amazing Ambrosia Pie

1-3/4 cups milk
3/4 cup sugar
1/2 cup biscuit mix
4 eggs
Rind of 1/2 orange
1/4 cup butter or margarine
1-1/2 teaspoons vanilla
1 cup BAKER'S® ANGEL FLAKE® Coconut

Combine milk, sugar, biscuit mix, eggs, orange rind, butter and vanilla in electric blender container. Cover and blend on low speed for 3 minutes. Pour into greased 9-inch pie pan. Let stand about 5 minutes; then sprinkle with coconut. Bake at 350° for 40 minutes. Serve warm or cool.
Store any leftover pie in refrigerator.

Coconut Fudge Pie

1-1/2 tablespoons butter or margarine, softened
2 cups BAKER'S® ANGEL FLAKE® Coconut
1 can (13 oz.) evaporated milk
2/3 cup firmly packed brown sugar or granulated sugar
1 egg
3 tablespoons flour
1 teaspoon vanilla
4 squares BAKER'S® Semi-Sweet Chocolate, cut in half

Spread butter evenly on bottom and sides of a 9-inch pie pan. Press in 1-1/3 cups of the coconut.

Combine milk, sugar, egg, flour, vanilla and chocolate in electric blender container. Blend on high speed for about 1-1/2 minutes or until smooth. Pour into coconut-lined pan and sprinkle with remaining coconut. Bake at 325° for 30 minutes. Serve warm or cool.
Store any leftover pie in refrigerator.

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WHY SOME CHILDREN CAN'T LEARN...

continued

In counseling, I tried to help Russell's mother see that when she expected him to "act his age" in the face of taunts, she was demanding more maturity than Russell had. He was probably at the same stage, educationally and behaviorally, as his six-year-old sister.

I suggested that Russell's mother come to his defense in some of the battles with his sisters in hopes of changing the long-standing pattern of their attacks. It worked. Part of the change came from Russell who learned to assert himself in a positive way rather than provoking his sisters needlessly.

Such destructive behavior is often difficult to change because it becomes the child's only way to gain attention—even if it is the wrong kind. Children such as Russell have to learn that negative behavior will not pay off with attention and that acceptable behavior will be more richly rewarded.

Merely explaining to a child that he is provoking arguments probably won't convince him. Chances are he won't even know what his parents are talking about. Rewarding any honest effort with recognition and praise is a far better way to effect change.

Sometimes role-playing between parent and child is a way for a youngster to understand what he is doing that is unacceptable to others. You and the child create a story or play script to illustrate the undesirable behavior as well as the hoped-for transformation. Timing is important. It is almost impossible to teach a child alternate ways of behaving in the height of a conflict.

The flip side of being a scapegoat is to be overindulged or overprotected. Barbara, for example, was a pretty and compliant 12 year old, whose mother assumed most of the responsibility for the child's daily life. Having seen how ineptly Barbara planned her time, even for such tasks as bathing and dressing, her mother took over those simple activities. She also filled Barbara's days with lessons and appointments, leaving no room for the world of childhood.

With all this supervision, Barbara was not able to develop her capabilities. She became increasingly dependent on her parents, and eventually they began to worry about her future. Could she ever manage on her own?

A youngster will become a self-reliant, competent adult if she is encouraged and supported in her efforts to grow. There is a fine line between protecting a child from a situation she is not ready to handle and overprotecting her.

Parents also may be excessively permissive. The rules of the house, for example, did not apply to nine-year-old Mike. He had no assigned chores, could watch TV when his brother could not, and he alone went to bed whenever he pleased. It was simpler to appease him than deal with his explosions and bad moods, so his parents had adopted an attitude of "peace at any price."

Mike, a masterful manipulator at home, is now unduly upset when confronted with the demands of the outside world. He cannot tolerate any denial of his wants and gradually withdraws from contacts that frustrate him. To function adequately as an adult Mike, like all youngsters, needs to develop a feeling of competence. When children are given everything they want, they are robbed of this opportunity.

Children need standards

All children need standards and expectations. We don't do them a favor when we make no demands. They need to know that we expect as much of them as they are capable of handling. Help children help themselves, and they'll become their own masters.

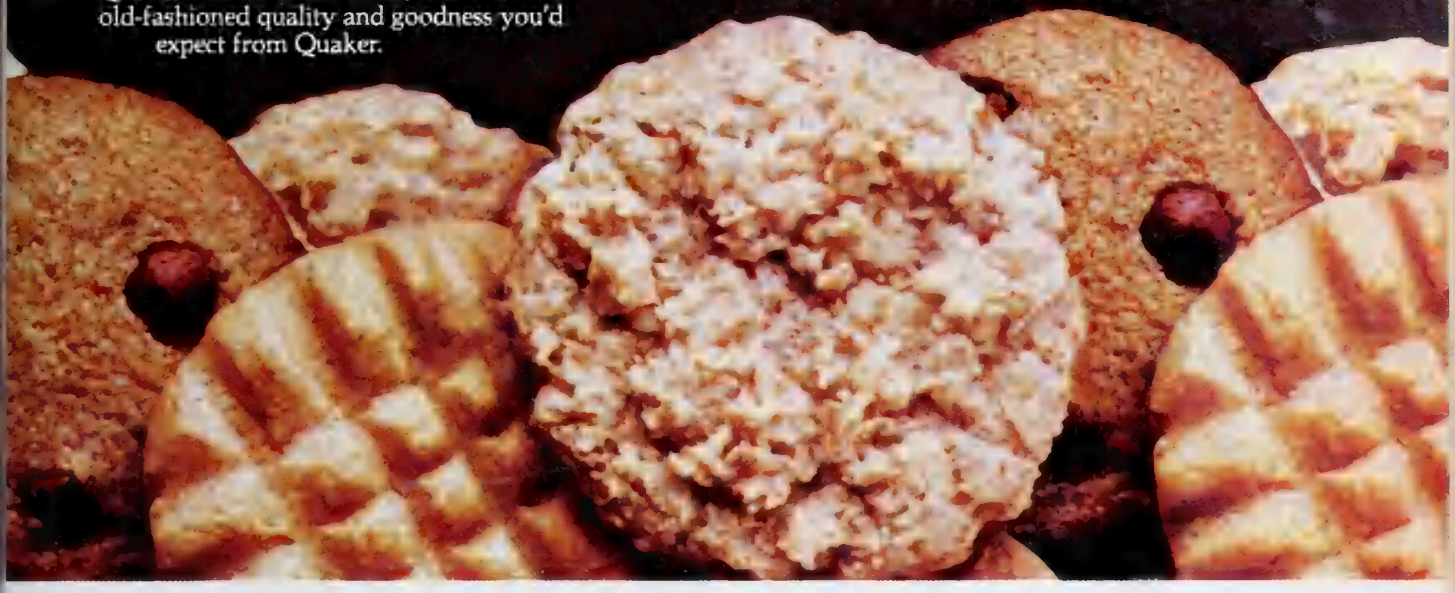
Undoubtedly there is an element of luck involved, but some parents are able to provide an environment that is comfortable, accepting and nurturing for a child with a learning difference—and for the entire family. A few suggestions,

u make three more,
just as good.

expect Quaker's cookie mix to make delicious,
some oatmeal cookies. The nice surprise is that we've put
ame Quaker goodness in our three other cookie mixes.
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late chips. Our Peanut Butter Cookie Mix has a
er of a pound of Peter Pan® Peanut Butter in it.
d our Sugar Cookie Mix is deliciously versatile—so you
n make wonderful butter cookies from it too.
Four Quaker Cookie Mixes in all, each with the
old-fashioned quality and goodness you'd
expect from Quaker.



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ılled from their experiences, are of-
ered here:

Time and attention. A special time
ight be set aside for help with, say,
ading or for sharing the day's events.
ne boy could count on ten minutes
ith his father before bedtime to talk
out "life and stuff." Though brief, the
ightly chat ensured his parents of hav-
g uninterrupted sleep—and a more
ntented child.

Instructions and directives. Precise,
ear instructions prevent misunder-
andings. Patience and little reminders
lp, too. One mother, who knows her
n's memory is poor, clips written notes
out the day's activities to his notebook
inside his pocket. Even before the
tle boy could read the words, the
aper alone was the needed reminder.
Another mother found that merely
lling her daughter to be home at six
r dinner never worked. When she
ught her a watch with an alarm, it
t her home on time.

Routines. Stability and structure are
ucial for youngsters who sometimes
em lost in time or space. A specific
me for homework, TV and dinner takes
e guesswork out of living. Routines
e reassuring for a child who cannot
ndle change and uncertainty well.

Discipline. Generally, prevention is
ore effective than punishment. Make
re a child understands some basic rules. You might even enumerate those rules by writing them down.

When serious disciplinary action is required, try to make the punishment fit the crime. A punishment of long duration, such as no TV for a month, will lose its effect. By the middle of that month the child will remember the punishment but not the crime. Of course, we must assume before we discipline that the child can control the behavior in question.

Special privileges. When siblings ask why their sister or brother gets special treatment, an honest explanation is called for. They should be told that a child with a learning difference has special needs. If parents learn to live with the concept that equality isn't necessarily fair but that meeting individual needs *is*, so will other members of the family.

Organization and scheduling. A few simple possessions, easily made at home, can help a child get organized:

His own bulletin board and calendar to remind him of appointments. A written schedule, with a section devoted to emergency numbers and household assignments, to reinforce routines. Notes posted on the bathroom mirror with magnets. Name tags on coats and sweaters and well-marked eyeglass cases and notebooks. Open shelves and compartmentalized drawers. All these things will help a child stay organized and avoid scoldings. They should make life easier for parents, too.

How can you help with schooling?

At first, when Teddy came home cranky from kindergarten, Mrs. Brown was sympathetic but unconcerned. He complained about his "mean" teacher and the "hard work" but she assumed he would settle down in time. When he began having nightmares and started wetting his bed, she considered talking to his teacher but decided against it. After all, the teacher might think *she* was being blamed or that Mrs. Brown, at the very least, was overanxious.

Although no one recognized his problem at first, we now know that Teddy has a learning difference. His teacher merely thought that Teddy was immature and not yet ready for formal learning. In all probability, she would have wanted to know right away that school was so upsetting for Teddy.

In November, she called Mrs. Brown for a conference. It went something like this: "He's a darling little boy but he seems young for his age. It's hard for him to sit still and he wanders around the room much of the time. He can't seem to focus on a group activity and is easily distracted. He doesn't recognize many of the letters or numbers and he won't let me try to teach *(continued)*

I just put liquid Sta-Puf®
In the dryer...



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Nothing beats Sta-Puf fabric softener in the rinse cycle.
But now, when you miss the rinse, a capful of Sta-Puf on a cloth, tossed in the dryer, delivers antistatic softness and our special Sta-Puf freshness, without recycling the whole load.
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Products Group

WHY SOME CHILDREN CAN'T LEARN...

continued

him." Then the teacher talked about what Mrs. Brown might do to help.

But when Mrs. Brown tried to work with Teddy at home, he was very resistant. The teaching sessions quickly deteriorated into temper tantrums and tears; little was accomplished.

In the spring, Teddy's teacher and the school principal suggested to the Browns that Teddy repeat kindergarten the next year. The Browns believed that the school was judging Teddy prematurely. Schools usually try to honor parents' feelings in matters such as retention, so it was decided to allow Teddy to move on to first grade.

Repetition of a grade may be helpful when a child seems bright, but immature and unprepared for many aspects of the next grade. Usually, the earlier retention takes place the easier it will be for the child—but only if parents support the idea. Repetition of a grade is not recommended if the child will continue to be at the bottom of the class or will soon lag behind again. Then other interventions, such as outside tutoring or sessions with an educational therapist, are called for. And it doesn't seem advisable to hold back a child who's deficient in only one area.

Put aside fear

Sometimes parents must put aside *their* fear of going to school. Most teachers welcome information from home. It may save them—and their students—many months of bewilderment and frustration. As parent and teacher learn from each other, they are better able to formulate realistic educational plans to meet the child's needs. In fact, the federal government now mandates that every child with a learning disability must have an Individual Educational Program (IEP) developed by his parents and special teachers at school.

An IEP sets out, in detail, the child's level of functioning, his weaknesses and the goals that are to be met by the end of the school year. These include behavioral, cognitive and affective, or emotional goals. The IEP's are revised each year.

Some schools have special classes and teachers for the learning disabled. The Browns were fortunate because their school district had such resources. Teddy began going to a resource room in his school for 40 minutes every day. There, he worked with a learning disabilities teacher, either alone or in a small group of two or three students, on skills in which he was weak. Later it was decided that Teddy would benefit from full-time special instruction.

Although there has been much controversy among *(continued)*



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"And that's what's great for mothers like us. Because every glass of Tang has a full day's supply of Vitamin C. And that's important. Because almost half the children in this country don't get enough Vitamin C.

"Tang Instant Breakfast Drink.

"It's a delicious way to do something good for your family."

GF GENERAL FOODS

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WHY SOME CHILDREN CAN'T LEARN...

continued

psychologists and educators over the use of segregated special classes, particularly for the mildly handicapped, many youngsters who suffered in regular classes have been helped by them. With smaller classes and specialized training, a teacher is able to design an individual curriculum for each child. The goal of special classes is to return the child to the mainstream of education as soon as possible. In Teddy's case, he returned to regular classes—supplemented by work in the resource room—after two years. Though school is still difficult for Teddy, who's now in the ninth grade, he has benefited from special instruction and probably will not become a drop-out statistic. But many youngsters flounder or fail in school because they never receive remedial help. That may be changing.

According to recent federal legislation, the Education for All Handicapped Children Act, each school district is responsible for providing an "appropriate" education for every child. In theory, if appropriate public schools classes for children with learning differences aren't available, the school district may be obliged to foot the bill for private instruction. In practice, however, districts may claim that their classes or resources are adequate. A parent may have to get involved, insisting on the most sui program.

Indeed, what happens inside schoolrooms as a result of this new depends a great deal on the effort the dedication of parents. Little tha happened to help children with lea differences would have occurred out parental pressure. In the future, ents must continue, as always, t advocates for their own children an children everywhere.

Care and treatment of paren

Youngsters with learning differe require more of what all children —love and understanding. But it isn ways easy to have kindly feeling ward a child who seems most unlov yet needs to be loved the most. The lies the challenge for parents.

It is understandable at times for ents to feel anger, anxiety, frustra and fatigue. They, too, need compas and help. Often, however, their p evokes more criticism than compas from professionals, from relatives friends who blame them for their ch aberrant behavior. It is unwarra criticism.

Most parents do the very best can for their youngsters and are des ing of support from others. It is not to be the parents of a child with a le ing difference. Parents should themselves to some of the love and derstanding they work so hard to vide for their child.

For information on help in your write: Association for Children Learning Disabilities (ACLD), R LHJ, 4156 Library Road, Pittsbu Pa. 15234. Please include a self dressed, stamped envelope.

Or, write: Closer Look, Box 1 Washington, D.C. 20013.

FOOD FOR THOUGHT

By Sara Van Alstyne Allen

In women's magazines I often find
A feast for heart and soul and mind . .
Visions of soufflés light as children's
hearts,
Sugar and magic shaped to luscious
tarts,
Amazing cakes that rise like fairy tow
Above a field of candied violet flowers
Creatures that rooted, bleated, grazed
Appear magnificent on platters, glaze
and fruited,
Succulent for gourmets of whichever
gender.

This is a dream from which I always
wake,
And waking, from the freezer take
The frozen segments soon to be
A dinner for my love and me!

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Now. It's a satisfying decision.



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Then the decision is Now.

Now has only 2 mg tar. And bear this in mind: today's Now has the most satisfying taste in any cigarette so low in tar.



Now

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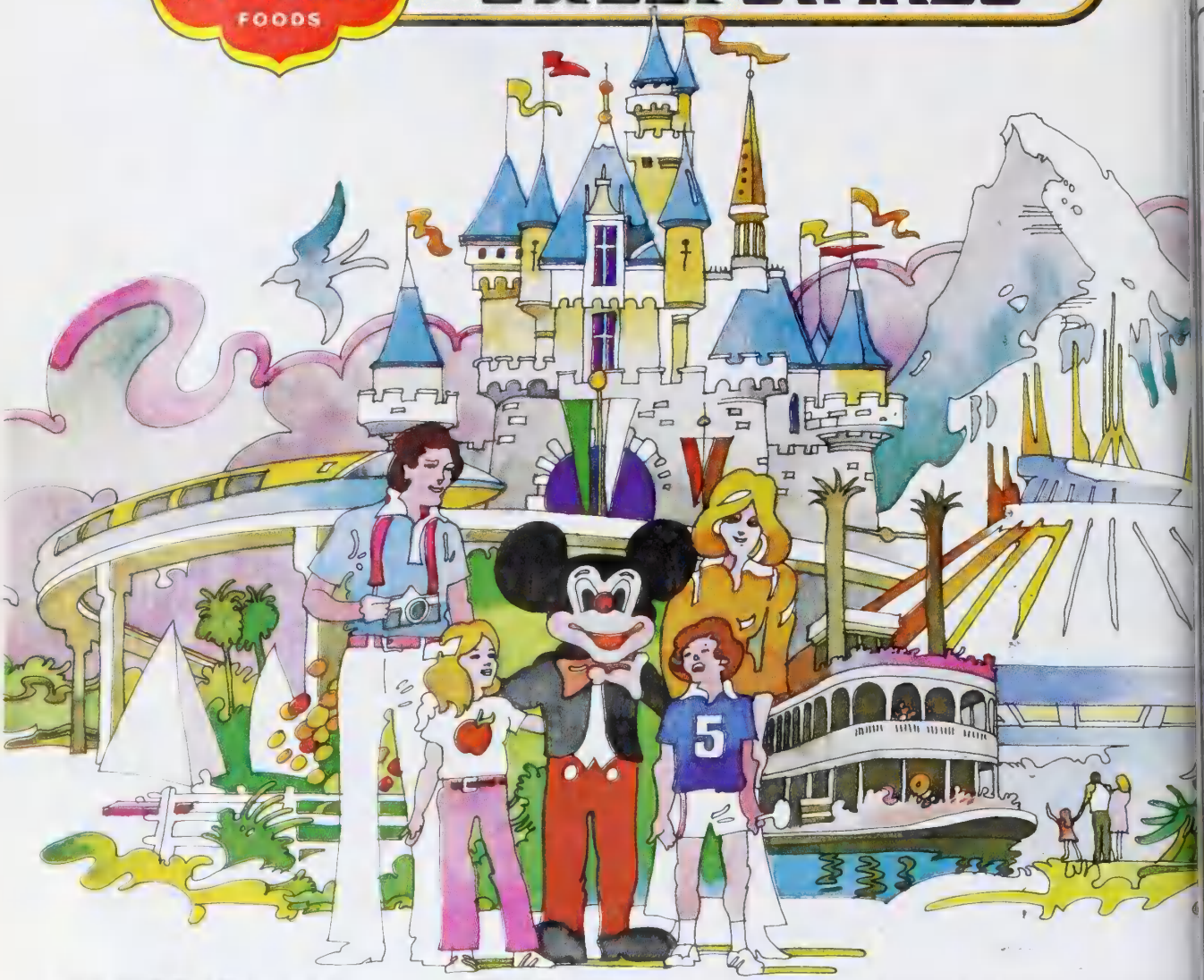
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Sing Out America

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RCA record albums featuring popular songs by top recording artists.

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1. On an official entry form or a plain piece of 3" x 5" paper, hand print your name and address and the name and location of your favorite grocer and indicate the musical event you'd like to attend if you're a First Prize winner. Mail your entry in a hand-addressed envelope no larger than 4⅛" x 9½" (#10 envelope) to:

"Sing Out America"
P.O. Box 9142, Blair, Nebraska 68009

2. Each entry must be accompanied by three (3) labels from any size DEL MONTE product featured in this sweepstakes, OR three (3) plain pieces of paper on which you have *hand printed* the words "DEL MONTE," OR any combination of labels and hand printed pieces of paper totaling three (for example, 2 labels and 1 hand printed piece of paper).

3. Enter as often as you wish, but each entry must be hand addressed and mailed separately. Entries must be received by March 31, 1979.

4. Winners will be determined in random drawings conducted by the D.L. Blair Corporation, an independent judging organization whose decisions are final. Limit one (1) prize to a family. Taxes on any prize are the sole responsibility of the winner. No substitution of prize permitted. Dates of departure are subject to availability and the discretion of the Del Monte Corporation.

5. Sweepstakes open to residents of the United States, except employees of Del Monte Corporation, its subsidiary companies, its advertising and sweepstakes agencies, and the families of each. This sweepstakes is void in the state of Missouri and wherever else prohibited by law. Sweepstakes participation via entry blanks distributed through retail stores is void in the Maryland County of Howard. Federal, State and local laws and regulations apply.

6. For a list of winners, send a stamped, self-addressed envelope entirely separate from your entry form, to:

"Sing Out America" Winners List
P.O. Box 8461, Blair, Nebraska 68009.

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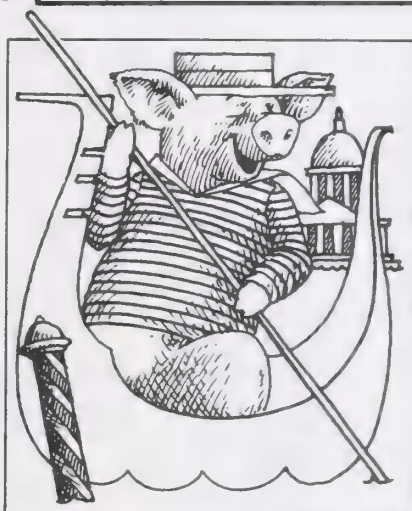
ORANGEY CARROT AND RAISIN SALAD

¼ cup KOOL-AID® Brand Orange Flavor Sugar-Sweetened Soft Drink Mix
¾ cup mayonnaise
4 cups shredded carrots
½ cup raisins

Blend soft drink mix into mayonnaise. Combine carrots, raisins and



mayonnaise mixture, mixing well. Chill about 1 hour; stir before serving. Makes about 4 cups or 8 servings.



PORK CHOPS MARENGO

8 pork chops, ¾-inch thick (about 2½ lb.)
1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Pork
1 jar (14 oz.) meatless spaghetti sauce
1 can (4 oz.) sliced mushrooms
1 green pepper, sliced
1 medium onion, sliced

Coat pork chops with seasoned coating mix as directed on package. Combine spaghetti sauce and mushrooms with liquid in shallow baking dish. Scatter pepper and onion over sauce. Arrange chops on top. Bake at 425° for 45 minutes, or until chops are tender. *Always cook pork thoroughly.* Makes 8 servings.



FLUFFY PASTEL WHIP

1 package (3 oz.) JELL-O® Brand Gelatin, any flavor
1 cup boiling water
1 cup cold water
1 envelope DREAM WHIP® Whipped Topping Mix

Dissolve gelatin in boiling water. Add cold water. Set bowl of gelatin in larger bowl of ice and water. Stir until slightly thickened, then beat with electric mixer or hand beater until fluffy and thick and doubled in volume. Prepare whipped topping mix as directed on package. Blend into whipped gelatin. Pour into serving bowl or individual dessert dishes. Chill until firm, about 3 hours. Makes about 5 cups or 8 to 10 servings.



CREAMY COFFEE SODA

1½ teaspoons SANKA® Brand Freeze-Dried or Instant Decaffeinated Coffee
1 tablespoon sugar
1 tablespoon cold water
Ice cream
½ cup (about) club soda or ginger ale, chilled

Combine coffee and sugar in water in a 12-ounce glass. Stir until coffee is dissolved. Add ice cream, stir in soda and serve immediately. Makes 1 serving.



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GF
GENERAL FOODS

A Few Simple Lessons about Avocados from Old El Paso



For half-shells: Halve avocados lengthwise.



Twist gently to separate halves.



Whack a sharp knife directly into seed; twist to lift out.



To peel: Place cut-side down; strip or pare skin.



For slices: Place peeled halves cut-side down. Cut lengthwise.

Make it with an Avocado



Get Married

continued from page 40

(Translation: "With this, and a little luck, your face won't shrivel before you find a husband. See? See how much I worry about you? I wouldn't buy a sixty-five dollar moisturizer for myself—you can be sure of that. I have to make do with the inexpensive stuff. But then, I already have a husband.")

One picture is worth a thousand words

Your mother sends you a photograph from her favorite home-furnishings magazine showing the living room of a sprawling mansion. The walls are painted eggplant. It is obvious that no piece of furniture in this room is less than 200 years old or cost less than $4,000. A woman, who looks sort of like you would with a little help from a makeup artist (not to mention a fashion photographer) reclines, odalisque-like, on the Oriental carpet in front of the massive, stone fireplace. She is wearing designer lounging pajamas.

(Translation: "There, but for a husband, go you.")

The wide screen approach, II

You've known her for all these years, and yet you didn't know that your mother's favorite movie was *All About Eve* until the night it is rerun in your hometown cinema (coincidentally, the very weekend she begged you to come visit). You and Mom trek happily off to the theater. Suddenly, you understand why this is your mother's favorite movie. "The things you drop on your way up the ladder," Bette Davis, as the Great Actress, is saying, "you forget you'll need someday when you get back to being A Woman. . . . In the final analysis, the only thing that matters is when you look up at six o'clock and there *he* is. Othe wise, you're nothing but something wi a French provincial desk . . ."

Psychology I

You tell your mother you are seeing psychiatrist. She wants to know if he Freudian or Jungian, where he went graduate school, how much he charg an hour, how old he is, in what style h office is decorated, whether you lie on couch or sit in a chair . . .

(Translation: "Is he married?")

The appeal to your social consciousness

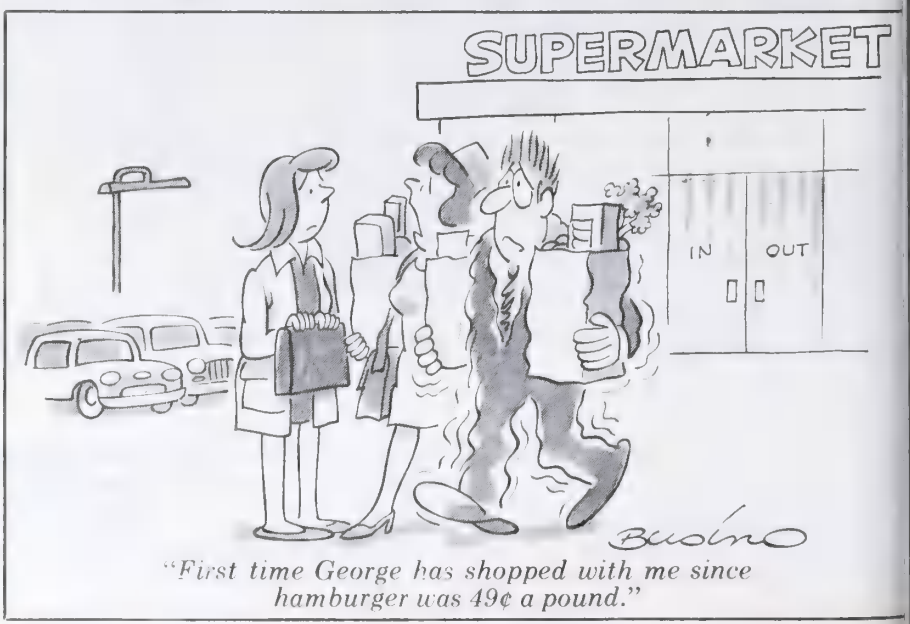
A newspaper clipping arrives fro your mother. It contains statistics on th health of American males. The overa prognosis is that married men live long than single men.

(Translation: "Why don't you hurr up and get married? You'd be savi some poor man's life!")

It may seem as if there is no end t your mother's inventiveness. But soon or later, every mother (except mine slips up. She gets obvious. Usually, sh starts by using reverse psychology- something like, "Oh, you don't need t worry about getting married, dear. can actually think of two girls who wer several years ahead of you in high schoo and they had great careers, went int their forties and *then* got married, an actually produced children—not abno mal, either. So don't worry, dear, yo have a lot of time left."

The thing to do on this occasion, to agree with her, thereby giving her n alternative but to either go on to anothe subject or contradict herself and adm that she really thinks you're running ou of time rapidly. She'll probably laps into silence, giving you a break.

But then, she might become desperat enough to come right out with it: "Wh don't you get married?" Or, "Isn't i about time you got *(continued*



"First time George has shopped with me since hamburger was 49¢ a pound."

The Avocado Tostada.©

From Old El Paso...something exciting for a change.

Next time you feel like having a little excitement, stay at home and enjoy it. Crunchy Old El Paso tostada shells heaped with refried beans and ground beef; smothered with zesty California avocado guacamole and layers of shredded lettuce, olives and cheddar. Topped with even more cool, golden-green guacamole. And a dab of tangy sour cream. It's a feast for eight that you can make in minutes. Just look for California avocados and all the exciting products in the Old El Paso line.



Avocado Tostadas

8 Old El Paso Tostada Shells
1 16 oz. can Old El Paso Refried Beans
1 cups browned ground beef
2 3/4 cups Guacamole
1/2 cup black olives, sliced
4 cups lettuce, shredded
1 cup cheddar cheese, grated
1/2 cup sour cream
Old El Paso Taco Sauce
Season to taste

Prepare all ingredients. Heat tostada shells according to package directions. In separate skillets heat beans and meat. Assemble tostadas by spreading equal portions of beans on each shell. Next layer equal portions of meat, Guacamole reserving about 3/4 cup to garnish the top of each tostada), olives, lettuce and cheese. Top each with a large spoonful of Guacamole and a dollup of sour cream. If desired, Old El Paso hot or mild Taco Sauce may be sprinkled lavishly over tostada. Serves 8.

Old El Paso Guacamole

2 California Avocados, peeled and barely mashed
1/3 cup onion, chopped
1/3 cup Old El Paso Chopped Green Chilies
2/3 cup tomato, chopped
2 Tbsp. Old El Paso Taco Sauce
1 Tbsp. lemon or lime juice
1 1/4 tsp. sugar
1/2 tsp. garlic powder

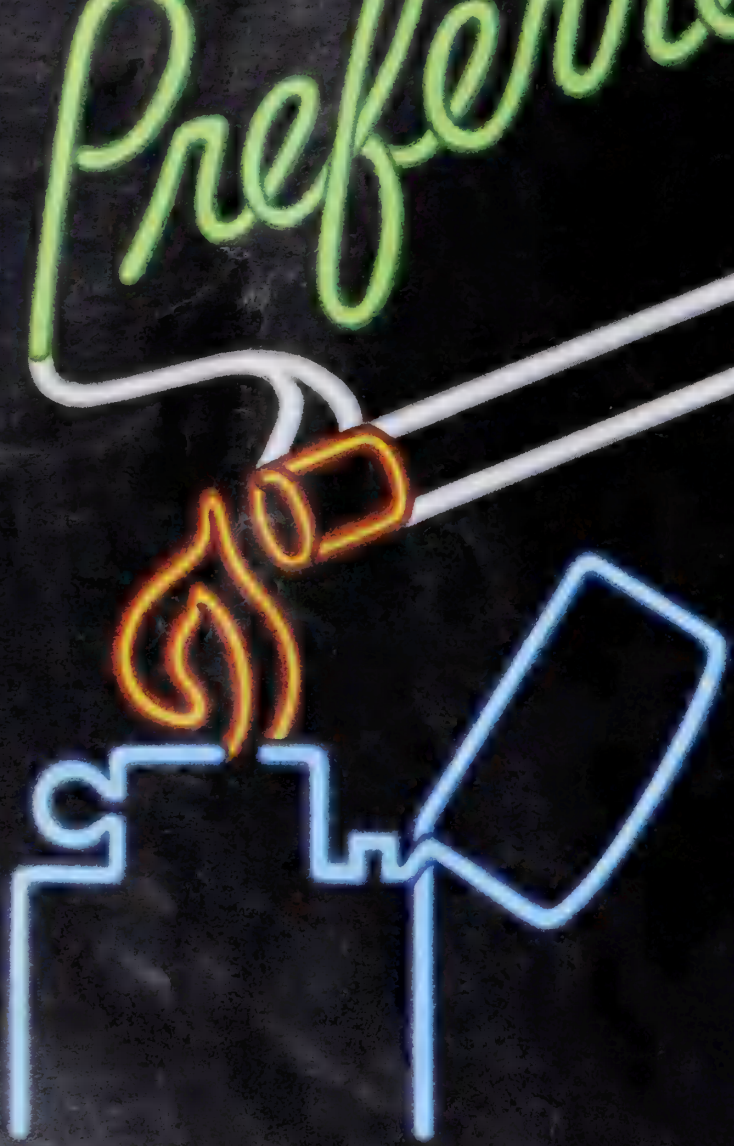
Prepare all ingredients. In a medium bowl carefully mix all ingredients. Yields 2-2/3 cups. Double the recipe so you'll have plenty of this zesty dip for tortilla chips and chilled fresh vegetables.

Love Food from California

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Discover why more and more smokers switch every day to the largest selling low tar menthol cigarette. They prefer the mellow flavor, cooling menthol, and total satisfaction in Salem Lights.

Salem Lights



mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Get Married
continued

ried?" Or, "Do you think you'll ever
married?" I like to think of these in-
ies (and variations thereof) as "The
nksgiving Question" because it is
lly family occasions, gatherings
nd the food-laden table with every-
and their spouses and offspring, that
g home to your mother the fact that
and your entourage take up only one
. And your mother may not be the
one who makes this observation.
e Thanksgiving Question" can come
only from her, but from any relative.
e are some appropriate responses:
. "I'm still studying for the blood
."
. "I already have a toaster oven."
u could substitute: wok, fondue pot,
cooker or clam steamer.)
. "I'm waiting until the next time
g Hussein changes partners."
. "My accountant has advised
nst changing my tax status this
rter."
. "It looks like rain, doesn't it?"
. "Because, lately, I haven't met a
ionaire who could beat me at tennis,
rove my appreciation of opera, speak
anguages and dance well."
. "My astrologer says it's out of the
stion until Jupiter collides with
s."
"Mother, I *am* married. I just didn't
t to tell you." **End**

FEBRUARY RECIPE INDEX

e is a listing of recipes appearing in this is-
including those from the Journal kitchens
advertisements. All have been tested by our
ne economists.

SSERTS
azing Ambrosia Pie p. 113
colate Sundae Cakes p. 101
onut Fudge Pie p. 113
y Choco-nut Pie p. 113
shey's Disappearing Cake p. 62
Cream Charlotte p. 61
ha Torte p. 101
nge Custard with Almonds p. 61
pberry Cream Slices p. 101
se's Peanut Butter Chip Chocolate Cookies
109

TREES
cado Tostadas p. 125
termilk Waffles p. 104
dillo p. 58
't-Miss Noodle Casserole p. 106
cken Jubilee p. 122
cken Supreme à la Bresse p. 104
ntry Style Chicken Medley p. 35
ble Corn Waffles with Creole Sauce p. 104
ditas p. 58
lled Steak Southwestern p. 61
nemade Chili p. 58
'n Cheddar Burgers p. 6
terey Enchiladas p. 58
El Paso Guacamole p. 125
k Chops Marengo p. 123
r Cream Herbed Waffles p. 104
nach Pie p. 107
ffed Cabbage Leaves p. 107
ffed Eggplant Parmigiana p. 106
etable Curry p. 109
stern Omelet Pie p. 106

SCELLANEOUS
a Blender Meal p. 138
uit Variations p. 122
li Hominy Casserole p. 61
am Cheese Variations p. 122
amy Coffee Soda p. 123
ffy Pastel Whip p. 123
camole Dip or Salad p. 58
Pepper Sauce Variations p. 122
dded Gazpacho Salad p. 61
ngey Carrot and Raisin Salad p. 123
ato Waffles p. 104
tilla Soup p. 58
ffelets p. 104
st Texas Cornbread p. 58



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Sprinkle talcum powder on the back of your hand. Now blow it off. Chances are, you'll see powder sticking to some rough spots you didn't know you had.

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Crest is well suited for protecting those baby teeth. Because Crest's fluoride strengthens the teeth—making them much more resistant to the mouth acids that weaken them.

Crest has been proven effective against cavities in test after test for more than 25 years.

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Finally, there's the family dentist. The one person who can truly tell if your child's teeth are healthy an growing properly.

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No, it's never too early for good dental health. But it's never too late, eithe

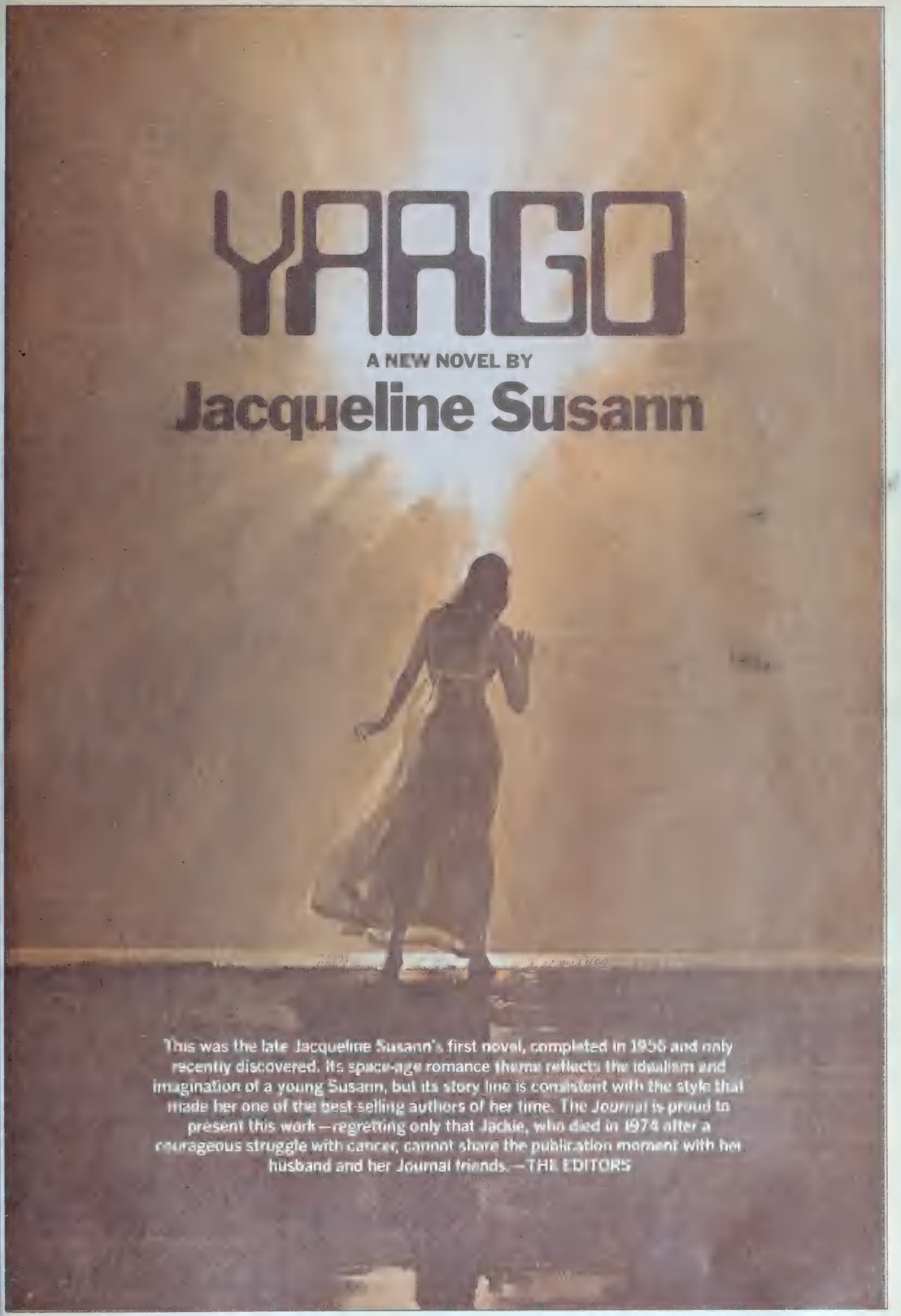


We're working to make cavities a thing of the past.

Accepted Council on Dental Therapeutics American Dental Association

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional ca Council on Dental Therapeutics, American Dental Association.

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This was the late Jacqueline Susann's first novel, completed in 1956 and only recently discovered. Its space-age romance theme reflects the idealism and imagination of a young Susann, but its story line is consistent with the style that made her one of the best-selling authors of her time. The *Journal* is proud to present this work—regretting only that Jackie, who died in 1974 after a courageous struggle with cancer, cannot share the publication moment with her husband and her Journal friends.—THE EDITORS

So this was a psychiatrist's waiting room. I looked around. It seemed to be much like a dentist's waiting room—chairs, a coffee table and a stack of old newsmagazines.

I had read them all at the dentist's. When a girl is getting married, she wants to be perfect. First you see the dentist. He finds three small cavities, and you have them filled. Everything must be right; you're getting married.

I looked at my watch, a present from David. Five minutes before my appointment with Doctor Galens. He would be startled when I started talking. But I had to tell him everything; I owed that to David. Poor David, engaged to a misfit like me! But suppose the psychiatrist couldn't help me? I had only three days before David and I . . .

"Doctor will see Miss Cooper now."

The nurse led me into an inner office, and got me settled in a leather chair beside the doctor's desk. The doctor gave me a faint smile, and I decided that I hated him. Oh, fine! Here it was going to cost me $25, and I hated him.

Doctor Galens told me to begin.

I didn't know where to start.

"Why don't you start just by talking, Miss Cooper? I understand that you're not here for analysis, but to get help with a specific problem."

He glanced at his desk clock. "You're my last patient this afternoon, so we can run over. Start at the beginning."

The beginning. My problem. What was the beginning? David—that was my beginning. Nothing important had ever happened before that. My childhood stretched behind me as a jumble of uneventful years. The only high points were a summer at camp and a season at dramatic school.

Graduating from high school, I also graduated from daydreams of becoming a movie star, and faced the reality of a secretarial job. I was living at home with my mother, and not dating anyone.

Then I met David. He had good looks, and even better, he was a young lawyer with a fine reputation. I thought I'd die of excitement the day he gave me a diamond—a small one, but perfect.

"That's the way I want our life to be, honey girl," he said. "As flawless as this stone."

By summer a wedding dress was hanging in my closet, David had an apartment lined up, and nothing remained except to wait six weeks until September.

The waiting was hardest when David's law firm sent him out of town. The Chicago trip was the start of all the trouble. He had just come back from Pittsburgh when the senior partner phoned about the Chicago case. David had to leave in the morning for a ten-day stay.

I begged him to take me along. We could elope, have our honeymoon in Chicago. Why wait until September? The end of July was as good a time to marry.

David refused. The wedding date was set. His Aunt Evelyn from California, who had been like a mother to him, was coming East for the event. His roommate from Dartmouth was going to be best man. Oh, no, honey girl, everything was planned for September.

Left alone, I moped around the house until my mother suggested a little vacation would do me good. I thought of Avalon, a small seaside resort in New Jersey. As a child I had gone there to camp, and I loved it.

My mother predicted that I would be disappointed, and she turned out to be right. The summer camp had vanished. Avalon had become a dreary little fishing village. Of the boardwalk I remembered, only a few blocks remained, the rest washed away by winter storms. Even the sand dunes seemed bleaker.

For a couple of days I strolled along the fragment of boardwalk, looking for landmarks long gone. On my last night I headed for the sand dunes, where I once had sat with other giggling girls, exchanging confidences. Dreams! One was going to marry a millionaire. I was going to be a famous actress, with my name in lights on Broadway. Now I knew, sitting on the dunes and sifting sand through my fingers, that I had traded my dreams of a stage career for real life—David, and marriage.

I stretched out and stared at the sky. There was the Big Dipper and twinkling Venus—and there my knowledge of astronomy ended. I stood up, brushing sand from my skirt, and saw . . . it.

It.

Hanging in the sky, brighter than the moon, not a star, not an airplane. It shot across the horizon at incredible speed, and returned. And stopped.

My heart pounded. What was it? A secret device of our armed forces? A guided missile, a weather balloon, a ship from another planet, or hallucination? I had read news stories, some reporting sightings, others denying them.

Now what? There were authorities to whom you reported these events. Oh, sure! And then you were called a crackpot. But I had *seen* it.

One thing for sure, I was going to get away fast. I scrambled down the dune, stumbling. An on-shore wind whipped my face, and my shoes became leaden weights. I had almost reached the boardwalk when the shining disc came back and paused directly overhead.

I prayed. *Oh God, just let me make the boardwalk.*

I began to run. Suddenly a great beam of light shone down, aimed at me. I went rigid with terror. Then I felt my body relaxing, I dimly saw the ground falling away beneath me, and in one terrible moment I realized that I was being lifted by the light beam, up . . . up . . .

I fainted.

When I opened my eyes I saw a gray dome-shaped ceiling. I was in a small room, dimly lit, unfurnished except for the bunk I was lying on. There was a porthole, high in the wall. I stood on the bunk and looked out. Nothing. Nothing except black space studded with stars. I fell back on the bunk. I must be leaving Earth. But going where?

On the other side of the room the entire wall quietly spread open. I clutched the sides of the bunk. Someone, or something, was about to enter. *Please God, don't let it crawl or look slimy.*

He looked human. In fact, he was the most attractive human being I had ever seen. Dressed in a sort of gray coverall, he was more than six-feet tall. He had emerald-green eyes, almond in shape, and his head was shaved. Hair or no hair, he was, well, gorgeous.

I smiled. He smiled back. I held out my hand. He didn't understand, so I summoned the courage to get off the bunk, take his right hand and shake it. He got the idea. His smile gained voltage, and he returned the handshake.

I asked, "Where are we going?"

No answer. Well, I didn't really expect him to understand English. What was he, some sort of Oriental? No, not with those green eyes. Anyway, I felt a wave of self-esteem; here I was, flying heaven knows where, and feeling serene. But my pride collapsed when I saw the welt on the vein inside my left elbow. I was calm, it seemed, because they had injected some kind of sedative.

The craft lurched violently. I thought we had crashed, but Green Eyes wasn't disturbed. The wall slid open, and two more men entered. They too had shaved heads and green eyes, and they were as handsome as Green Eyes the First.

They exchanged a few words in a strange language. Then, motioning to me to follow, they went through the wall opening, down a spiral staircase to a wall that opened on a glare of sunlight. A ramp led down to solid ground. We walked down, and I took a deep breath. Real air! I turned to look back.

Who said there were no such things as flying saucers? The craft I had just left was shaped like a gigantic mushroom, with a square, portholed chamber nestled on top. The saucer part was in horizontal sections that were whirling.

There were "saucers" everywhere on the field, small ones, medium ones, huge ones. On the other side of the field a large crowd of spectators were cheering and applauding. I was tempted to take a bow, but guessed that the demonstra-

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ion was for the crew, rather than for heir trophy.

All the men in the crowd looked like he handsome giants from the ship, with emerald eyes set against dark olive skin, igh cheekbones and shaved heads. Instead of drab coveralls, they wore exotic ilk waistcoats, silk pants that ended just below the knee and gold-laced sandals, ll in bright colors.

The crowd parted to let one man hrough. He bowed to me, and led us to low, cigar-shaped object about 12-feet ong, resting on six wheels. It was a car of some kind. Now I knew for sure that was in another world.

Green Eyes the First and Green Eyes he Greeter took me aboard. The car eaped forward, going so fast that the un-lit countryside was a blur. I turned o Green Eyes the Greeter and motioned o the landscape.

"What's the name of this place?" I asked.

"Yargo," he said. He had understood me! At least, he had understood the questioning expression on my face.

But which planet could Yargo be? I had heard that if any intelligent life existed near the Earth, it would be on Mars or Venus. But their atmospheres differed rom ours, so that life on these planets would be unlikely to appear in human orm. But the atmosphere on Yargo was ike Earth's, and these green-eyed gods had to be human.

After a five-minute ride the car stopped, and we walked up a metallic driveway to a large, dome-shaped building where we passed through a marble hall nto a beautiful salon. My escorts departed, leaving me there alone. There vas a glass wall, giving a view of a snow-apped mountain, higher than any on Earth. The other walls were solid.

Except that one wall was beginning to lide apart. Through the opening came he most beautiful woman I had ever een. She was dressed much like the Yargonian men—same brilliant colors, ame knee pants, gold sandals and silken louse. Her eyes, too, were emerald-green nd slightly oblique. She had hair, masses of it, jet black. Caught up high with jeweled clasp, it flowed down her back o her hips. Her skin was white and flawless. Her nose was straight, her mouth ull and well-formed.

"My name is Sanau," she said in slightly stilted English. "I bid you welcome to our planet."

"You speak English!" Not my brightest remark, but what else could I say?

"You must be hungry. I have ordered meal."

"Tell me why I'm here," I said.

She didn't answer. The wall opened gain, and two beautiful women came in, ushing a tea cart. Then everyone left, vithout another word.

The meal looked good. There was some kind of meat, an odd-looking green salad, cold broth and a muffin. The water was like our water but, well—heavier. I was eating the last crumb when Sanau returned with her handmaidens.

I asked what they intended to do with me. "Why was I brought here? What do you want of me?"

Sanau lifted a supercilious eyebrow. "We can't decide what's to be done with you," she said, "until we've decided what's to be done about the error."

"What error?"

"You."

Me, an error? Or was their entire cruise an error? Maybe they had been just zipping around with that big searchlight, fishing, and I had been caught.

"When will they decide about me?"

"As soon as His Almighty Grace the Yargo calls a council meeting."

"Who is the Yargo?"

"The Yargo!" Sanau's eyes sparkled. "He is everything! He is Almighty!"

Maybe there was something going on between this Yargo and Sanau. I tried a new tack. "Who was the man who met me at the airport and brought me here?"

"You were escorted by Leader Seado."

"Is Yargo a leader?"

I began to run. Suddenly a great beam of light shone down, aimed at me. And in one terrible moment I realized that I was being lifted by the light beam, up...up...

"He is supreme!" A look of rapture. "Supreme, Almighty!"

"You speak English; why didn't the leader speak to me?"

"My people don't speak your language. I do, because languages are my specialty."

"Does the Yargo speak English?"

"He speaks the languages of every planet, and the languages of animals and insects. He is the only human being who can understand them."

"Well, your English is perfect," I said. The way things stood, I figured flattery could do no harm.

"Language is my field," Sanau said. "I have mastered the language of Mars."

So there were people on Mars! To cover my confusion, I asked whether Yargonians ever visited Earth.

"No, but we have studied your customs from our spaceships, and intercepted your broadcasts. We know a great deal about you."

"And I'm an error." I smiled.

"We have notified Mars of the error."

So Mars was in this too. "Sanau, I want some hint about my future. Like, will I be sent back to Earth?"

"Our leaders are consulting Mars about that." She stood up to go.

I grabbed her arm. "Please stay! You haven't even told me where I am. Is Yargo the planet we call Venus?"

"Yargo is in another solar system, about seven light-years from Earth."

"I haven't been traveling for seven years, have I?"

She smiled. "We travel a thousand times faster than light. And don't tell me that Professor Einstein says nothing can travel faster than light. He's the most brilliant man on your planet, but he doesn't know everything."

She touched a panel and the wall opened.

"What about the Yargo?" I asked hastily. "When will I see him?"

"Perhaps never. You are too unimportant."

The next morning I dawdled over breakfast while Sanau stood around, visibly impatient.

"When you're ready," she said, "we'll go to meet the leaders."

I would have liked a dash of lipstick, but the bathroom mirror told me I didn't need it. My lips had fine, natural color. My eyes glistened. In fact, I looked unusually good. Maybe there was something in the food, or the air here.

Sanau had brought me a new outfit to wear, a real Yargonian costume like hers. Scrambling into my borrowed finery, I felt like someone at a society ball. *Oh, if David could see me now!*

"Hurry!" Sanau said. "The leaders are waiting."

The auditorium was tremendous. Thousands of men and women filled the tiers of seats. Since I was the star attraction, I tried to stand very straight.

Sanau addressed the conclave and then we took chairs facing the assembly.

"I feel like I'm in court, on trial," I said.

"You are," Sanau said. "I'll translate the discussion for you. We're deciding what to do with you."

"They haven't decided yet?"

"Quiet. Leader Hallah is addressing the assembly."

As he spoke into his little gold box Sanau translated. The best part was his saying, "We must remember that the creature before us is a human being, who must be dealt with justly."

"Oh, he's wonderful!" I exclaimed.

"Don't interrupt," Sanau said, "or I'll miss what's being said."

I sat back obediently. Sanau continued the translation.

"Members of the council, as you know, this female is from a planet that calls itself Earth. We have all been told of the serious mistake that was made."

There was much nodding and murmuring. I tried not to look too pained.

"As you know, our spaceships set forth on an urgent mission that called for perfect timing. Today, instead of rejoic-

ing at success, we face the disappointing fruit of misadventure."

Everyone shook his head sadly, while the fruit of misadventure tried to look indifferent.

"Everything went on schedule," he continued. "Spaceship Areala sighted Earth, and flew to the beachhead. It had been agreed that the crew would pick up either Professor Einstein or Doctor Blount. Both men are versed in astrophysics, both could have understood the problem we wanted to discuss. We chose Doctor Blount, the younger man. Through monitored newscasts we learned that he took vacations at a place called Massachusetts, and liked to walk the beach at night."

"At the urgent bidding of Mars, we were to bring Doctor Blount here and explain the dangers that may destroy Earth and its sun and all its sister planets. And so—the final error. Before you is the fruit of that error."

His audience reacted with solemn head-shakings. "The question is, what's to be done with this female?"

I felt my knees grow weak. They might kill me.

A leader in the second tier suggested that the danger to our solar system be explained to me, simply; then I could take the word to Doctor Blount.

I produced a dazzling smile. What a nice man! Why, with a little more hair he'd look like my father.

A leader named Corla asked to be heard. Again Sanau translated.

"Uh, Leader Hallah, this plan was considered, and brought to the Almighty One's attention. The Great Yargo himself said . . ."

Sanau stopped translating for, at the mention of this magical name, everyone rose. In chorus they shouted a few words that ended with "Yargo!" Then they chanted what sounded like a prayer, fell to their knees and prostrated themselves.

At first I thought His Highness had entered the auditorium; but he had not. There was just Sanau and myself and several thousand leaders and senators. There they were, lying prone, thrown into a trance at the mention of the Almighty One's name.

After they rose and got settled in their seats, Leader Corla resumed his speech.

"My friends, His Almighty Grace weighed this problem. But who would take advice from this ignorant female? Think what an uproar she would cause if she returned to Earth with such a story."

I longed to strangle the man.

"Sending her back with no message at all would be even more foolhardy. The tales she would tell would create panic. Let's not forget their mass hysteria a decade ago when a radio actor, in fun, announced an invasion from Mars. If Earth people knew that spaceships were watching them they might try to attack them. Certainly, this girl's story would cause them to redouble their testing of atomic weapons, and that's just what we want to prevent."

Leader Corla took his seat. Another man rose. He agreed that I shouldn't be sent back to earth.

"But we can't let her stay here. Earth's civilization is thirty thousand years behind ours. No Earthperson, not even Doctor Blount, would be welcome here as a permanent resident. And this female is an inferior sample of Earth people."

I really hated this man.

"I suggest," he said, "that we have another meeting with His Almighty Grace, and let him choose."

Sanau deposited me in the chamber I was beginning to regard as home, bowed a cool farewell and hurried away. Dinner would be brought soon, but I was too homesick to eat, and too scared. Maybe I was an inferior specimen from an inferior planet—to these people. But I was human, with human emotions. Not just a "female" but a real woman. So I did what any sensible woman would do. I flopped on the couch and wept.

The next day, as soon as I awoke, two handmaidens trotted in with my breakfast. I suspected they didn't like serving me, and I just hoped they would have nervous breakdowns, or something. They probably wouldn't though; people on Yargo were so cool. Yargo—the planet was named for him. Maybe it had been in his family for generations. Yargo—sounded like something to fry fish in.

There was a commotion, and the handmaidens flopped on the floor. Oh, lordy, I must have said "Yargo" out loud. Same look of ecstasy I had seen yesterday, same pagan chant.

I chewed on my muffin. Maybe I should pray too—to God, *my* God. As soon as I was alone I did just that. At first I tried a formal "Our Father," but soon found myself praying like a child. "Dear God, help me . . ."

On the morning of the fourth day Sanau took me to the six-wheeled car, and we went hurtling down the road.

"Sanau . . ." My voice cracked. "Sanau, have they decided?"

"Just about." She wouldn't look at me. "You may be sent to the planet Mars."

"Mars!"

"Of course," Sanau said, "Mars may not accept you."

"And suppose I don't accept Mars?" I was losing my cool again. "You kidnap me, and now you act as if I had crashed the party."

She gazed at the scenery flashing by. "We thought of Mars because it was at their suggestion that you were brought here."

"And what did the Almighty One suggest be done with me?"

She told me, bluntly: He wanted to send me off in a spaceship, alone, to drift aimlessly. Forever, I guess.

Our car stopped at a handsome building, but I was too stunned to admire it. Sanau skipped up the steps, and I hurried to keep up. We got into an elevator. I leaned against the wall for support. Mars had sounded bad enough, but the loneliness of eternal space was far worse.

"Whatever happens, don't let them send me into space. Please, Sanau."

She led me into a large observatory with three huge telescopes aimed at the sky. Alongside each 'scope was a television screen. Fifty or 60 leaders sat on benches, and I recognized among them Leader Corla.

"We're going to reach Mars through television-telescope," Sanau told me. "You will be able to see the people of Mars, and they can see you."

She led me to a box like an X-ray machine, and told me to stand in front of it—"So the ruler of Mars can inspect you."

The ceiling lights went dark. A purple glow emanated from the box. I tried to smile at it, but my lips were trembling. I wanted to go to Mars now, partly because it was close to Earth, partly to avoid being set afloat in space.

The ceiling lights sprang up, and Leader Corla began talking to Mars in mathematical jargon. Sanau said that he was describing my mental capacity.

I thought, *Well, if they're asking about my brains, I must have passed the test.*

Leader Corla removed his earphones and said something to Sanau. A beam of light danced across the television screen.

"You are accepted," Sanau said coolly. "In a moment the likeness of the ruler of Mars will be on the screen."

I would see him! The kind man who had changed my fate!

"I must warn you," Sanau said, "He is . . ."

My screams drowned her out. The Martian's image filled the screen, and my eyes bulged in terror.

He was a man—that is, well—he was taller than the Yargonians, but stooped double, long arms hanging to the ground, his skin encrusted with reptilian scales . . . webbed feet . . . a semblance of facial features, the mouth of a fish.

His image faded. A cheer echoed through the auditorium. For some reason, the Yargonians were delighted. Sanau hurried me from the room, perhaps to prevent my making a scene.

She left me alone for two days.

Then she reappeared, looking tired.

"I'm here to take your measurements," she said. "We're making you some climate suits for Mars."

I stood in grumpy silence while she measured my hips, waist and shoulders.

Sanau said, "I suppose the appearance Mars' ruler startled you."

What an understatement!

"Keep this in mind," she said. "There a human being in that reptilian body, d a brain superior to your Professor nstein's. Now Janet, pay attention: I ve wonderful news for you."

"You mean I'm going home?"

"No, no, no! The news is that tomor-w, at sundown, you will be presented His Almighty Highness, the Yargo."

Evidently she expected me to swoon ith joy. For once it was I who put on bland face.

took a shower and got myself awake. As I was brushing my teeth I was gain atonished by the increasing beauty y rather ordinary features had taken n. No doubt about it, there was some-ing superior about this planet.

While breakfast was being served, anau plunged into details about the big vent.

"There will be a banquet. All the lead-s will be present. Now sit still, and sten to me. I must teach you protocol."

"You mean like which knife and fork o use?"

"Never mind your eating habits. But emember this: The Yargo is untouch-ble."

"Got it," I said. Why would I want to ouch him anyway?

"You must not extend your hand in reeting. Should you pluck up enough ourage to converse with our magnificent eader—and plead your case—you must ot grab his arm, as you're always grab-ing mine. An annoying habit of yours. bove all, he *must not be touched*."

"What about his wife?"

"What's a wife?" Sanau's question was erious.

I explained the meaning of "wife," ointing out that I had been about to be-ome a wife myself when her off-beam paceship kidnapped me.

She listened with amusement. Yes, it ame back to her; history wasn't her ield, but she did recall that thousands of ears ago the condition called "marriage" ad been known on Yargo. It had been bolished along with other "evils."

"If there's no marriage," I said, "what re your moral standards? What about hildren? What about love?"

"I haven't time to teach you our ways. But there's a lot you must know about onight's meeting."

"Sanau," I said gently, "why this hos-ility? Try to understand me, and use your influence with the Yargo. Ask him o send me back to Earth."

"No, I won't. Your knowledge of this lanet could wreak havoc. The only solu-ion for you is exile to Mars."

"But I won't tell anyone about Yargo. I promise."

"Not good enough, Janet. You could never keep your mouth shut."

I gave up. Sanau resumed her instructions for my behavior at the banquet. Again she emphasized that I must not touch the Yargo. I was not to speak to him, unless he spoke first. I was not to touch food, until he began to eat. I must bow low. I must never introduce a new subject in conversation. I must not touch him, I must not touch him, I must not touch him.

The car halted before a drawbridge that led to a sort of castle. We crossed on foot, past sentries and we walked through vast halls lined with more sentries.

"The meeting will begin shortly," Sanau said. "Leaders are taking their seats now. You remember everything? Above all, what must you keep in mind?"

I chanted it. "I . . . must not. . . touch . . . the Yargo."

Sanau greeted Leader Corla, the one who thought I was such an inferior specimen. Now he was smiling at me, and he spoke in English.

"I bid you welcome to the shrine of His Almighty Highness, the Yargo."

He had the regal bearing of a lion, majestic, lithe—a true monarch. His dress was no different from anyone's, but his body was disturbingly different.

I was about to compliment him on his fluency, but he was on the floor, face down. So was Sanau. Oops! He had mentioned the name of the Yargo in the presence of two natives—Sanau and himself.

After the ritual chant they rose, and Sanau turned to me.

"I think it was gracious of Leader Corla to learn a speech of welcome in your tongue. Now follow him."

But she didn't come with us. I had assumed that she would be at the meeting, to give me support and guidance.

Corla and I went up a wide stairway, carpeted in velvet and lit by crystal chandeliers. Sentries led us down a corridor to an enormous ballroom. There must have been a thousand tables spaced about the floor, all facing a dais at the far end.

It was like a movie set: the glittering array of Yargonian costumes, the sparkle of gem-studded cutlery, the massive dais to which I was being led.

Leader Corla escorted me to the center, and three empty chairs—one for him on the right, one for me on the left, and one in the middle—for *Him*.

Tension gripped the assemblage. A side wall began to part ever so slowly.

Sanau had been right. He *was* supreme.

Every man present shrank into insignificance beside this ruler among men. He had the regal bearing of a lion, majestic, lithe—a true monarch. His dress was no different from anyone's, but his body was disturbingly different—something to do with muscular coordination, I thought.

He walked slowly, seemingly unaware that he awed all who saw him. At the dais he raised his hand in simple greeting. All his people rose and stood at attention, gazing at him in open worship.

When he turned his gaze toward me, my knees shook. His eyes! Instead of being green, they were a brilliant blue, and they had hypnotic power. One glance, and I lost my sense of balance.

He motioned me to sit down. I managed to do this with my usual grace, which sent a water glass crashing to the floor.

He flashed a lethal smile, and said, "I extend to you a belated welcome to the planet Yargo."

"Thank you," I said. Not brilliant, but at least I had found my voice.

He smiled again, and turned his attention to Leader Corla, so I had time to simmer down. I was ashamed. Welcome, he said. Thanks, I replied. Thanks for what? For snatching me off the Earth, and ticketing me for Mars? I should have had the gumption to say, "Never mind the welcome, just put me back where you found me."

Waiters served the first course. I managed to eat a little. The Yargo spoke to me again.

"I trust you find our food palatable."

"It's marvelous!" This time I was ready to keep the conversation going if I had to discuss the price of potatoes.

"It must agree with everyone." I plunged on, "I've never seen such beautiful women as the women here."

His eyes never left mine. I tried to breathe naturally. There was something superhuman about him.

"My dear little Earth friend," he said, "our women are indeed beautiful. But you, too, are lovely."

He thought I was lovely! Me, Janet Cooper! This fantastic man thought I was lovely! I actually simpered.

"You seem to admire beauty," he said. "The body is like a tree. It should gain in beauty with age. No Yargonian ever becomes wrinkled in old age."

He flashed me an electrifying smile. "But I'm afraid that the only thing on your mind now is the decision we had to make about you."

Well, there it was, the opening I wanted.

"Please send me home," I said.

"I expected your request, my little friend. But I must refuse you. It was the ruler of Mars who caused our intercession on Earth—and this unfortunate mistake. Has our desire to help your planet been explained to you?"

"What's wrong with our planet?"

"It's your sun. Your sun is a cepheid."

A cepheid. It sounded like some kind of skin disease. So what was a cepheid?

"It's a pulsing star," the Yargo said, "whose radiation and illumination and consistency fluctuate on an atomic tide. There are many cepheids, but none in the danger your sun faces. Mars called our attention to it seven years ago."

"Is that when you first sent your ships around? When our 'saucer' scare began?"

"No, we've been watching Earth for centuries. But your recent atomic explosions cause us grave concern now.

"I'll take you to the observatory," he said, "to show you what the problem is."

This was not the observatory where I had been indicted, but a much larger one. Sanau led me to a telescope and fitted me with dark glasses. Even so, when I squinted through the eyepiece, the sun's glare was blinding.

"In a few minutes," the Yargo said, "there will be an atomic explosion on Earth. When that happens, watch what happens to your sun."

"We have seven minutes," Sanau said. "I suppose His Grace has told you that your sun is an orange dwarf."

Orange dwarf? That sounded worse than cepheid.

"We can only hope that it doesn't become a nova," Sanau said. "And explode."

Would the sun explode while I was watching? No, not just yet. We were waiting for a smaller explosion: the testing of a hydrogen bomb.

"How do you know Earth is testing the bomb?" I asked.

"Our spaceships have notified us."

I turned to the Yargo. "But will our sun explode eventually?"

"There is a disturbance in your sun. Who can foresee the outcome?"

Sanau motioned to me to take my post at the telescope.

I looked through the eyepiece. Our sun seemed in fine condition.

"Close your eyes," the Yargo suggested. "No need to strain them. We'll count off the final seconds. Open your eyes at the count of one."

I stood with my eyes shut.

"Ten . . . nine . . . eight . . ."

I was ready, waiting . . .

"Four . . . three . . . two . . . *One!*"

I opened my eyes. Nothing. Blinding sun. Then I saw it—a dark speck, like a flaw in a diamond. The speck ejected a torrent of flame. The flame subsided . . . again there was the small dark spot, evil and foreboding.

I turned to the Yargo. "What was it?"

"A so-called sunspot," he said. "Every atomic blast on Earth has caused larger and more violent sunspots. A few of your astronomers suspect that sunspots can lead to a cepheid's becoming a pre-nova. Doctor Blount has advanced this possibility, but your warlike governments won't stop testing atomic bombs on the say-so of a few scientists."

"What happens when the sun explodes?" I asked.

"It becomes a gigantic fireball," he said. "Flames would vaporize the Earth. In fact, all life would be destroyed on every planet in your solar system."

No wonder Mars was concerned!

"Lacking spaceships, Mars has no way to warn Earth," the Yargo said. "So they asked us to help. We were merely acting as a friendly agent—your sun's explosion wouldn't affect our solar system at all."

"Please let me go home," I said. "Please let me warn my people."

He refused. As I feared he would.

The sky was gray the morning they came to take me to the spaceport. We were a grim little party—Sanau, Leader Corla, another leader—Kleeba, two pilots and myself. The silvery mushroom was spinning its tremendous segments, warming for flight. I was trembling as I climbed the ramp.

The co-pilot strapped me to my bunk, gave me the takeoff needle and we were off. When I came to, Leaders Corla and Kleeba were working on some official-looking papers, and Sanau was reading. A real homey scene.

Underlying my grief at being sent to Mars was the pain of knowing that the Yargo could have sent me home, but was too unfeeling to do so. Yet, I was now dominated in heart and mind by this great ruler. The thought that I would never see him again was unbearable. Naturally, David came to mind too. But how trifling was the emotion that he had evoked in me. David, who quaked at an order from his boss; David, who called me "honey girl," who looked so square in his seersucker suit. But David wouldn't have done this to me.

I looked through the porthole: space, endless space. A long black ship zoomed by—cigar-shaped. Its portholes spat fire.

I called to Sanau. "Is the cigar-shaped ship ours?"

"What cigar-shaped ship?"

"Ships! There are seven of them! Pilots back home have seen them, too."

"There are no cigar-shaped spaceships," Sanau said. "Your pilots were just hungering for publicity."

I let it go.

During dinner Sanau was reading charts. Mars, she figured, should be visible in 12 hours. I saw the lights of strange ships flaring past our porthole several times. Because everyone else sat facing the other way, they didn't notice. Nonchalantly, I asked whether our ship had taillights.

Sanau shook her head impatiently.

"Maybe we should hang out a lantern," I said. "One of those cigar-shaped ships that doesn't exist almost bumped us."

Sanau looked scared and jabbered something to Corla and Kleeba. The pilot jumped up, his mouth full of food, and ran to the control room.

Sanau peered out the porthole. "We've never sighted other ships," she said. "Not in thousands of years of space travel."

"Maybe they're from Venus," I said.

"Hm-m-m. Well, possible, barely possible. Venus is the only planet we know little about, because it's in dense clouds."

We kept a lookout, but the mysterious craft had vanished. There was nothing in sight except millions of stars.

Then—Mars. It looked like the moon, with color added. As we were preparing to descend, the chief pilot rushed into our compartment, shouting. He pointed to the porthole. A cigar-shaped ship was off to the left, about 50 feet away, keeping pace. It didn't look friendly.

"I'll bet the Martians can see it," I said.

"Of course!" Sanau exclaimed. "I'll ask them for a report."

She dashed into the control room. The leaders sat enveloped in gloom. When Sanau returned she told us that Mars was under attack.

"These ships have been firing death rays of some sort, killing Martians and burning vast craters in the ground. We can't land. Mars says it's impossible."

We stopped all forward motion, hanging in space, while the Yargonians held a council of war. Now seven of the killer sharks were cruising around our ship. Leader Corla came to a decision.

"Go into hyper-dive," he told the chief pilot, "and lay a course for Earth."

I yelped with joy. But a suspicion grew that I was being dumped; that the Yargo had said, in effect, "don't bring her back, no matter what."

Dawn was breaking over North America when we began our approach from 10,000 miles out. The ball of land I called home grew larger and larger in the porthole lens. In minutes I would be breathing my air, basking in my sun . . .

But there, across our path, was a shark ship: large, black, its portholes leering at us. I screamed.

We accelerated with the suddenness of a ballistic missile. My ribs crushed my heart. I gasped for air, and blacked out.

Sanau brought me around.

"We're going home," she said. "To Yargo." She stroked my hair, soothing me. On impulse I said, "Sanau, do you have any children?"

"Twenty-seven," she said. "I mean, twenty-seven that were acceptable."

"What do you mean, 'acceptable'?"

She smiled, "Well . . . we take a 'reproduction pellet' four months after conception. Six days later an 'egg' is expelled. The pellet has formed a strong

ac about the fetus. It acts as a womb, nd can sustain life for forty-eight hours. he mother takes it to the nearest 'bank.' he sac is labeled with the mother's ame . . ."

"Then what happens? I mean, when ne baby is uh, ripe, or, well . . . born. Do ney return it to its mother?"

"The mother rarely sees her child."

"But Sanau! How can the babies be ormal, never knowing a mother's care?"

She sniffed. "How many mothers on our planet are truly maternal types?"

"If I had been left on Earth," I said, I could have enjoyed emotions you'll ever feel. Marriage with David. Bearing his children. Real love."

"Real love that wouldn't last long." he was actually sneering. "You forget aving wanted to become an actress."

don't remember much about our landing on Yargo, except that there was a emendous crowd at the spaceport. Actually, I had drifted into semi-consciousness. Next thing I knew I was in bed, in palatial room. One wall, all glass, gave view of the familiar mountain peak. An pen door led to a terrace, where two omen stood chatting.

When I pushed myself up, a sharp pain ripped my side. I fell back, groaning. he women hurried in, and one of them aid, in metallic English, "I greet you ood day."

I smiled weakly. Obviously, Sanau had ehearsed her. I lay back, and . . . the ain! It was like a white-hot knife. Sanau ame in and said brightly, "You have appendicitis."

Just like that.

"Will you allow a surgeon to operate?" ne asked.

"Why ask me? Can't your surgeons tell ow badly an appendix is inflamed?"

"We have never seen an appendix."

Because the appendix was a useless rgan, she explained, they had rid themelves of it, along with wisdom teeth, onsils and coccyx bones. No appendix ad been seen in 20,000 years. In fact, anau said, the Yargo himself would be nterested in seeing such an organ.

With great dignity I told her that I would allow the operation and donate ny appendix to a Yargonian museum.

I came through the operation all right, but Sanau said I would need weeks to egain my strength. I asked what would happen to me when I was well.

"The Yargo himself will send instructions," she said coldly. "I'm leaving tonight on a lecture tour about our flight."

But where would I be sent? Back to Mars? I might even be ticketed for exile on the farthest planet in the universe. That would explain Sanau's coolness. She had let me down, and now she was running away.

I tried to sleep, but the handmaidens who had been bringing my meals rushed in, babbling and fell on their faces.

His Royal Highness was approaching!

He had come alone, without honor guards, to inquire about my welfare. He actually pulled a small ottoman up to my bedside, and sat down. Well out of touching distance, of course.

"You have been very brave," he said, "and I want to thank you for submitting to surgery. We were all eager to see an appendix."

I had to say something . . . anything. This might be the last time I would see the Yargo.

"Sanau came to say goodbye," I said. Oh, brilliant.

He rose. "When you have recuperated, you will be returned to Earth."

I gulped and stammered. "I w-won't tell anyone on Earth about this, I promise. But I've been gone almost three weeks. Where shall I say I've been?"

His eyes twinkled. "Make up a story," he said. "You'll think of something."

He walked to the door, and paused. "It's just as well that you leave as soon as you're well enough to travel," he said. "Otherwise I greatly fear that your heart will be broken."

He walked to the door, and said: "It's just as well that you leave as soon as you're well enough to travel. Otherwise I fear your heart will be broken."

I was astonished when he visited me the next day, and the next. On the third day he showed up very late. I was about to douse the light and turn in when there he was, in full magnificence.

I felt like asking if he'd had a hard day at the office. Instead, remembering protocol, I waited for him to open a conversation. He did, with a question. "How many years have you, my little friend?"

I told him I was twenty-two.

"I'm surprised then that your powers of recuperation are so sluggish."

So that was it. He wanted me to hurry and get well and get off his planet.

"I'll be ready to travel in a few days," I said.

Thank heaven Sanau popped in the next day. She thought I looked well enough to go home. I gave it a couple of beats and then, in an offhand manner, asked about the Yargo's sex life.

In her blandest manner, she explained that the palace had a large harem.

"Then the Yargo isn't completely untouchable, is he?"

"The women who associate with him become untouchable themselves," she said. "They remain in seclusion, their lives dedicated to the Yargo."

Plainly, my questions annoyed her.

"If you'll curb your curiosity," she said, "and concentrate on regaining your health, you'll be on your way sooner."

And out she went.

I did want to go home—of course I did. There was David, my mother, my own world. I recited all this to myself, but the words fell flat. What did I want, really? To stay here? Ridiculous!

That night, I was out of bed, sitting up in a chair, when the Yargo came in. He flashed his devastating smile.

"I hear Sanau favored you with a visit," he said. "Since today hasn't been lonely for you, I won't linger."

So she had spoken to him. And she had probably told him, diplomatically, to stay away from me.

"Your Highness, please tell me. Why are you untouchable?"

His smile was patient. "For the good of my people." And good night again.

I didn't see him for three days. On the fourth day he led me out to the terrace and pointed to a faint star—a new one, he said.

"It has also been sighted from Earth."

"How do you know that?"

"Have you forgotten? We keep Earth under constant surveillance. At least three spaceships are patrolling your planet at all times."

I edged closer to him. What would happen if I touched him? Would he roar disapproval?

He may have guessed my thoughts, for he gave me a searching look. He spoke quietly. "I beg you not to speak what is on your lips and mind. It will destroy everything."

I flushed. My heart raced. But I never took my eyes from his.

"I beg you not to speak," he said in a deadly monotone.

For the first time in my life I really knew what I wanted.

I said, "I love you, Yargo."

He looked at me with pity in his eyes.

"Do you hear me?" I said. "Do you understand? Can't you answer?"

"There is no answer."

"Say you hate me! Say you don't give a damn! But don't just stand there feeling sorry for me."

"I can only say . . . I don't love you."

"All right." My voice was breaking. "You don't love me, but you do have some feeling for me. You may be unaware of it, but you do."

No comment. I pressed my point.

"Yargo, I never knew what love was until now. Suddenly it's clear to me, and it would be clear to you if you'd only . . . if you'd try . . ."

"Janet! It's as impossible for me to love you as it would be for you to love a tree. I can't love a human being. I can only love what is made, created, for everyone to enjoy."

When he spoke of love—his kind of

love—there was a radiant look on his face, a look that David never had.

"Yargo . . . please, you could be feeling emotions without realizing it. Why else have you spent evenings with me? Because you enjoyed being with me."

"I believe I have enjoyed your company, yes," he murmured.

"Well, that's an emotion." I hurried on, "It really is. We have contributed something to each other, Yargo, and that's the basis of love."

For the first time he looked uncertain.

"It would be strange indeed," he said, "if an emotion that died within my people thousands of years ago were suddenly rekindled in me. What else would I feel if I loved you?"

If I could convince him! I didn't love David; I loved the Yargo, and I had to fight for him.

"If you loved me," I said, "you'd want to be with me. You'd want to share things with me. Like sharing your discovery of that new star tonight."

"Then?"

"Then you'd want to take me in your arms."

I stepped closer to him, close enough to notice a faint perfume. His eyes searched mine. With desperate courage I threw my arms around him, and pressed my lips against his.

He stood like a man of stone.

"Was that an expression of love?"

I nodded.

"I didn't like it. I don't like being touched."

I gave up—well, not entirely.

"All right, Yargo, but you do care for me. I know you do. Please let me stay here. I'll be happy just seeing you, talking with you, when I can. At least I'll have my faith while I'm waiting."

His eyes clouded. "Faith in what?"

"In God," I answered. "I'll pray. I'll pray to God to make you understand. We are worlds and solar systems apart, but we share the same God. And He will help me. He'll help us both."

"That is impossible. I am God."

I backed away, shocked.

His smile was almost mocking. "Do you still have religion on your planet?"

"Don't tell me you've abolished that too!"

"Oh, yes, long before we got rid of emotions. God is simply a great mind, great strength, great leadership. I am Yargo. I am the mightiest of the mighty. Therefore, I am God."

"I should have known!" I shouted. "But God *is* there, and you are not Him. God is real. He guides and cares for us."

Foolishly, I kept arguing, until he laughed at me. Perhaps it was because he kept laughing. Perhaps it was because I knew I had lost him.

My hand cracked across his face.

He stopped laughing—but he was not angry. Anger is an emotion, you see.

"I understand your rage," he said. "The evolution of thirty thousand years or more is too much for anyone such as you to face. Yet in time your descendants will think and feel as I do, if your people haven't destroyed themselves first."

Next morning, a handmaiden brought my old, red linen dress, a signal that I was leaving. His Highness sent no farewell message. A small committee of strangers escorted me to the spaceport. I was going home.

As I was about to climb the ramp to the spaceship, Sanau came up, running. "Have a safe journey, Janet." She threw her arms around me, and held me close.

I wondered how much she knew, or guessed.

"Go quickly," she murmured. "Go quickly or you will destroy us all."

I let them strap me in for takeoff. I felt the needle pierce my arm and slipped into a familiar sleep. When I awoke, we were approaching Earth's atmosphere. The co-pilot led me up a spiral staircase to a small room. He pressed a button, and the blank steel wall began to open . . . a door into the night below.

For the first time he looked uncertain. "It would be strange," he said, "if an emotion that died within my people were suddenly rekindled in me. What else would I feel if I loved you?"

"Ready?"

I stared in astonishment. "You speak English?"

"Not well. You ready?"

"Ready."

The light caught my eye. There it was, the same beam of light that had lifted me off the earth.

"Go," he ordered. "Light will take you down safely."

I held back. This green-eyed pilot was my last link with Yargo.

"Hurry!" he urged. "We too near Earth. Maybe your airmen see us, maybe come near. Then they die. Hurry! Jump!"

I jumped. What was there to fear, what was there to live for? I would never see Yargo again, or Sanau, or . . .

The darkness of early winter made the psychiatrist's office feel chilly. Doctor Galens brought me a glass of water and turned on some lamps. The lights snapped us back to Earth.

Telling my story had left me emotionally spent. Doctor Galens himself seemed disturbed.

"What happened after you came to?" he asked. "After the trip to earth on the ray. Where did they drop you?"

"On a sand dune in Avalon. It wa nearly dawn. I stumbled into the villag —what a sight I was! My dress was dirt my hair full of wet sand . . ."

"What did you do?"

"I started walking in a kind of daze When I got into the village, a co grabbed my arm and blew a whistle, an another cop came running.

"I heard him say, 'Yep, this is her,' an then. . . . I was taken to the local jail. A the cops in that part of New Jersey ha been looking for me."

"They questioned you?"

"I didn't tell them where I'd been. just acted confused and said I was tired and wanted to go home. They thought was kind of crazy."

Doctor Galens was taking notes. " don't remember seeing anything in th papers. Was anything published?"

"Only in Avalon. Big headlines. The called me an amnesia victim. My mothe and David hushed it up. I decided I'd never tell them what happened, but on night, when David and I . . . well, I said 'I want you to know the truth, David, I went on a trip on a flying saucer to another world . . .'"

"And he wouldn't believe you?"

"He acted as if I was off my rocker. He said he didn't care where I'd been. He said, 'Honey girl, I don't want to hear another word about it. You're back and that's it.'"

"And what about the wedding?"

"I put it off. How could I marry David? I was in love with Yargo. David agreed to wait six months."

"And now the wedding day is close?"

"In three days. But I can't . . ." I began to cry. "Doctor Galens, I've tried to forget, but I can't. That's why I've come to you. What shall I do? Do I marry David, hoping I'll forget the Yargo?"

"Janet . . ." The Doctor's voice was soothing. "People do go into other worlds when they suffer an emotional disturbance. These other worlds often seem more real than the one they inhabit, and sometimes . . ."

I felt anger, and despair. "Doctor Galens, if you think I am a mental case, we're wasting each other's time. Believe me, this really happened. The Yargo is real, I love him . . ."

He looked at me quizzically and asked if I had brought back any evidence—a scrap of other-world metal, a piece of fabric. . . . "Your appendectomy!" he exclaimed. "There should be a scar!"

"No scar," I said. "They seal incisions without taking stitches."

"But your appendix is gone, you say. Suppose we take an X-ray."

The X-ray films, taken from several angles, showed that my appendix was intact, healthy and in its proper place in my body. Then . . . the Yargo wasn't real, I hadn't been in another world. What could I *think?* *(continued on page 152)*

"It was me against Don in the great dishwashing test."

Carolyn Kinnaird

"When they asked my husband Don and me to test dishwashing liquid against Ivory Liquid, we were e our "bargain" brand would win. We used a penny's th of each. That meant less Ivory Liquid. But what rprise! Ivory Liquid washed more dishes for the money. It works out at home, too. A bottle of Ivory Liquid lasts longer—so we won't have to buy it as often."

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ALBA '77 FIT 'N FROSTY IS ALSO AVAILABLE IN STRAWBERRY AND VANILLA FLAVORS.

Don't be misled by the word "Animation." This is not a *cartoon*. It is definitely *not* for very young children because much of it will scare them, and they won't be able to follow the complexities of the plots. *The Lord of the Rings* is an adult film—battle scenes stunning in their power and sweep, episodes of lyrical beauty. Ralph Bakshi gives us a triumphant visualization of an epic fantasy of our literary age.

Funny, for grown-ups

Want to know a secret? All it takes to make a good movie is a first-class script; intelligent, imaginative direction; and terrific performances. What could be easier than that? It certainly *looks* easy in *Same Time, Next Year*, Bernard Slade's movie based on Bernard Slade's Broadway comedy. It ran for three and a half years on the stage, and it now runs one hour and 59 minutes on the screen. This is the story of a married woman and a married man who meet at a woodsy seaside inn in California, fall for each other, fall into bed and almost fall apart with guilt until they realize they have something quite unusual going: they can talk to each other. And that talk, provided by Bernard Slade, is often very funny, and sometimes quite moving. Little by little we come to care about two slightly confused, very decent people who care very much for each other. They agree to meet at the same place, on the same weekend, *next* year. And so it goes, beginning in 1951, continuing for one weekend every year for 26 years. Ellen Burstyn stars in a dynamite performance and Alan Alda is her guilt-riddled, confused, but very caring lover. It's a funny, tender, grown-up movie.

Compelling chiller

The new movie called *Magic* uncovers a sinister side of ventriloquists. They are comedians, yet there is something bizarre about a man who spends his life talking to himself. The best of them are schizoid: the ventriloquist *(continued)*

What's Happening

continued from page 8

boxing pictures. You know the type: Poor boy with fast hands whose sister is going blind and only the famous doctor in Europe can save her eyes so the boy has to win the big fight to get the money for his sister's carfare to Vienna. George C. Scott is the wily manager with the soft heart; Red Buttons is the wily trainer with the soft brains. Buttons tells the boxer: "I've taped more hands than you have in your head." Eli Wallach is a gangster (somebody's got to try to fix the fight) and Ann Reinking is a delightful floozie who nearly causes our hero to lose his way—among other things. The second half of *Movie Movie* is a dizzy dazzler that kids old musicals. It's called *Baxter's Beauties* and Scott is Spats Baxter, a gaudy Broadway impresario. When his doctor—Art Carney—says he has six months to live, George says that's enough time to produce one more hit. Carney reminds him that the examination was five months ago, meaning just *one* month to live. "Well," says Scott, "That gives me 30 days." "No," says Carney, "You forgot this is February." Barry Bostwick as the musical lead is a wonderful male ingenue, and Rebecca York is the chorus girl who—guess what—goes *on* on opening night and becomes *—a star!* If you don't enjoy this, you're a grouch.

Epic fantasy

Since *The Lord of the Rings* was first published in America in 1956, more than 20 million copies of the book have been sold. Now Ralph Bakshi has completed the colossal job of transferring that sweeping work of the imagination to the motion picture screen—it took more than two years, hundreds of artists and more than $8 million. They have fashioned a flourish of marvels. The film is utterly faithful to the dialogue and the texture of Tolkien, and the acting voices are splendid.

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What's Happening

continued

benign while the dummy is out-
us, getting away with insults that
d get the ventriloquist shot! In
c, Anthony Hopkins is brilliant as
ntriloquist who is also a magician
performs in a sleazy joint. There
liscovered by a top agent, marve-
played by Burgess Meredith, who
ises to make him a star. What
dith doesn't know is that Hopkins
ing crazy. Little by little his mind
nsumed by the dummy who ulti-
ly directs him to kill. Soon we are
ged into murder as the dummy's
turns into a mask of horror. This
Hopkins and Meredith twist *Magic*
a compelling chiller.

ting some needs

na Mercouri is best known to Amer-
audiences as the woman on easy
ing in the 1960 movie *Never on*
lay. Her newest movie counters that
lity: it reverberates with *Medea* by
pides and it's called *A Dream of*
on. Melina Mercouri plays a Greek
ss in Athens rehearsing the ancient
a about a woman who murders her
ren. The actress's agent discovers
merican woman who is in an Athens
n for actually murdering her young
ren. What a chance for a publicity
: The *actress* Medea meets a *real*
ea. At first the prisoner (Ellen
tyn) is enraged by the loathsome
pitation, but then little by little a
re relationship develops between
two women on either side of the
. Much of the film is in Greek with
lish subtitles, but there is also sub-
tial English dialogue. At the per-
ance I attended, a woman in the
ence was weeping loudly through
st all of the picture, so *A Dream of*
ion obviously meets the needs of
movie goers. I am not among them.

rt takes

dise Alley is Sylvester Stallone's
l movie about the same character:
boy from the slums who is deter-
d to make it big. In *Rocky* he was a
r, in *F.I.S.T.* he was a labor leader,
now he is tangled in wrestling. The
ie is slobby, sloppy and tediously
dictable. • Frank Gilroy, who won a
tzer Prize for writing *The Subject*
Roses, now wins a booby prize for
ing, producing and directing *Once*
aris. It is about an American who
to Paris to rewrite somebody's
ie. He should have started with this
The publicity handout for *Once in*
s says: "Asked why the film is in-
endently financed and distributed,
Gilroy said, 'I wanted to make my
mistakes.'" He has completely
eeded. **End**



GENE SHALIT RE-VIEWS

Animal House is for those who like wild college humor. If you do, you'll have a good time.

The Boys from Brazil involves a stupefying plot of Nazis scheming to scourge the world with new Hitlers. Sleep-inducing.

The Buddy Holly Story stars Gary Busey, who gives a brilliantly disciplined performance; a rock picture that cares about its characters.

Caravans is two arid hours of sand—and not much else.

Comes a Horseman is a well directed, satisfying Western. Excellent cast includes Jane Fonda, Jason Robards and James Caan.

Days of Heaven comes close to being flawless; a film so lean, so precise, so true that it has the tension of a poem.

Goin' South stars Jack Nicholson, who also directed. Back to the drawing board, Jack.

Grease is now a movie, a kind of visual junk food that will fill a couple of empty hours—if that's your wish.

Heaven Can Wait glows with charm and gaiety. It stars Warren Beatty and Julie Christie. When you leave this film, you'll be feeling sky-high.

Interiors is Woody Allen's newest film. It's a masterpiece; you must see it.

Midnight Express is vivid and brutal, the unforgettable true story of an American boy thrown into a Turkish prison for smuggling hash. Not for children.

Watership Down is a beautiful, animated fantasy based on the best-seller. Solid, delightful entertainment for the entire family.

Who Is Killing the Great Chefs of Europe?—a fluffy, witty confection of mystery, murder and haute cuisine. Robert Morley makes a grand gourmet.

The Wiz is a fizz. Oz has been turned into ooze.

I was pouring in my ceiling...



money into a hole

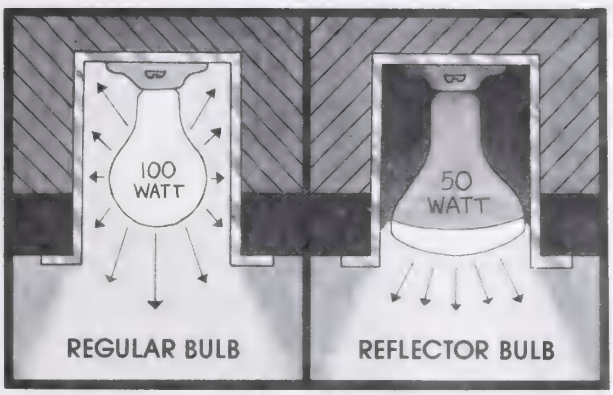
'til GE showed me the light.

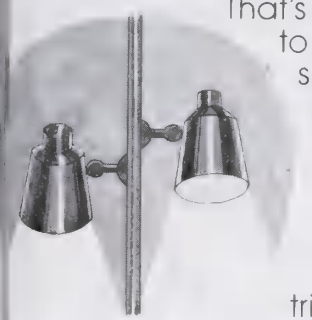
Using the wrong bulbs was costing me!

I always used a regular 100-watt household bulb in my recessed ceiling fixtures. And in my pole lamp and track lighting. They seemed to do just fine. I never knew there was another kind.

Then GE showed me the light!

They told me that a regular household bulb isn't the right one for a recessed fixture.





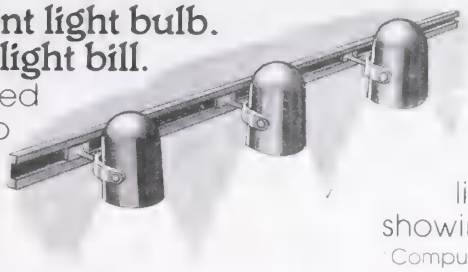
That's because it's designed to give off light from all sides. So if nothing but the end of the bulb is exposed, most of the light just goes into the hole – not into the room.

That wastes electricity and money.

A whole different light bulb. A whole different light bill.

Then GE explained that they have a bulb made especially for recessed fixtures. It's called a 50-watt reflector floodlight.

It doesn't give off light from all sides. It concentrates it from the end. That means you're not wasting as much light inside the fixture. So, because the reflector bulb gives the right kind of light, you can get almost the same amount of light from a 50-watt reflector floodlight as you can from a 100-watt household bulb if you use it in the right application.



And here's more good news. GE 50-watt reflector bulbs have an average life almost three times as long as the regular 100-watt bulb. At half the wattage, I could save up to $3.90* worth of electricity and change the bulb less frequently.

Now that's a saving I can understand.

Upon reflection, I switched to GE reflectors.

Now I'm replacing the regular bulbs in my ceiling fixtures with GE 50-watt reflector floodlights.

Same goes for my pole lamp and track lighting. Thanks, GE, for showing me that light bulb. And for showing me the light!



*Computed on the basis of a 50-watt reduction at a national average residential rate of 3.9¢ KWH over the 2000-hour average rated life of the lamp.

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Fast (in-home)	yes	yes
Used in 9 million laboratory tests	yes	no
Highest proven rate of accuracy*	yes	no
Used in U.S. hospitals	yes	no

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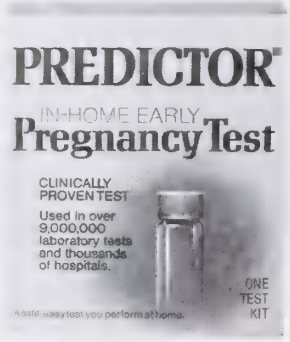
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**Based on product labeling.*



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Journal Shopping Center

FASHION: SWEET VALENTINE DREAMS

PAGE 80: Empire nightgown by STAN HERMAN FOR KENTELLE in nylon tricot has elasticized smocking. Available at Altman's, New York*; Filenes, Boston; Hudson's, Detroit; Marshall Field, Chicago; Robinson's, California.

PAGE 81: Flowing nylon tricot gown by OLGA. At Lord and Taylor, New York; Woodward/Lothrop, Washington D.C.; Hudson's, Detroit; Shillito's, Cincinnati; Marshall Field, Chicago; Dayton's, Minnesota; Godchaux's, New Orleans; Battelstein's, Houston; May D & F, Colorado; Z.C.M.I., Utah; Macy's San Francisco; Bullock's, Southern California and Arizona; Nordstroms, all stores.

PAGE 82: Pinafore nightgown by MAIDENFORM of cotton leno blend, has shirred bodice and lace trim. At Gimbels, New York; Strawbridge and Clothier, Philadelphia; Maas Brothers, Florida; Rich's, Atlanta; L.S. Ayres, Indiana; Bullock's, Pasadena, Santa Ana, Sherman Oaks, Del Amo, Costa Mesa; Emporium, Northern California.

PAGE 83: Bias-cut nightgown by VANITY FAIR of nylon tricot has slip straps criss-crossing in back. Available at Macy's, New York; Higbee's, Cleveland; Marshall Field, Chicago; J.P. Allen, Atlanta; Goldsmith's, Memphis; Bullock's, Southern California and Arizona.

DECORATING WITH WOOD

PAGES 86–87: Fabrics: "Epergne" #2990/02 stretched on the walls, and "Mayday" #2909/02 made into a to-the-floor tablecloth, are both 51" wide cotton percales from Jack Lenor Larsen*, 232 E. 59th St., N.Y.C. 10022. Oval back side chairs #7412 by Wood Works of The Wicker Works, for Jack Lenor Larsen*, are upholstered in Larsen's "Damascene" #8386/03 with the reverse side of backs in "Checks" #8380/02. Floorcovering: "Carpenter Square" #69381 Castilian cushioned vinyl by Armstrong. Chandelier of composition horn, and carved wood rooster, elephant, Thai fish and Thai dancing figures are all from John Rosselli, 255 E. 72nd St., N.Y.C. 10021. Chest, paintings and faux bois painted tin planter are from House of Hite, 201 E. 57th St., N.Y.C. 10022.

PAGES 88–89: Flip-top dining table #27160, 68" x 40" x 28" h. open, side chairs #27362, and buffet server #27302, 60" x 20" x 36" h., all from the Keeper's Two Collection by Founders Division of Thomasville Furniture Industries, Thomasville, N.C. 27360. Fabric: "Sierra" P7360, 201 beige, 54" wide cotton by Bloomcraft. Rug: "Calicut Extra" sisal, from Jack Lenor Larsen*, 232 E. 59th St., N.Y.C. 10022. Clock: "Station Master" #622-532, 16" dia., 2⅝" deep, has a solid oak case and battery movement, by Howard Miller Clock Co. Wood accessories, apple, pear, melon and swans, are all from Lorin Marsh*, 979 Third Ave., N.Y.C. 10022. Copper molds, kettle and steamer are old pieces from House of Hite, 201 E. 57th St., N.Y.C. 10022. Stools, 18", 25" and 30" high, from Charrette, 212 E. 54th St., N.Y.C. 10022.

*Through decorators only.

WHERE DO WOMEN GO FROM HERE?

continued from page 79

feminism was the only statement on th questionnaire that Rosalynn Carter fe moved to check. The strongest feelin expressed seems to be the need to reac a different group of women. Hence, 9 percent think that homemakers shoul be more involved.

More than half the women in bot groups say that men are "disturbed" b the so-called women's movement; few describe men as "resentful" and "indi ferent." "I think men would be mo friendly," comments prominent attorne Harriet Pilpel, "if they did not constru 'women's rights' as a threat to 'men rights.'" Actress Jean Stapleton add "A men's committee for E.R.A. is bein formed. Since a larger percentage o men than women in this country favo E.R.A., this should be used for max mum influence."

Sixty-five percent of all the wome queried agree with the statement: "Th sexual preference (gay rights) aspect o the women's movement has been a de terrent to popular acceptance." "W need a grass roots, moderate approac if we want to achieve ratification of th E.R.A.; it has to be liberated from th baggage of other questions like abortio and sexual preference," writes Ruth Clusen, former president of League o Women Voters and now Assistant Secre tary for Environment in the Departmen of Energy.

Dorothy Vale Kissinger, Mesa, Ari zona, past president of Soroptimis International, a professional women service organization, comments further "While I support civil rights for all per sons, I believe that the sexual preferenc issue has clouded the main thrust fo legislative equality. People aren't emo tionally ready to handle this question witness the upheaval in the churche over it. If our intent is to secure ratifica tion for E.R.A., efforts should be con centrated on its basic, simple meanin for all women, all human beings." None theless, 35 percent of the leaders, an seven percent of the readers, feel tha the sexual preference issue should re main part of the rights program.

Media improving

More than three-quarters of bot groups feel that American media are im proving their treatment of women achievements and activities. But fewe than 20 percent think that American in dustry has been sold on salary equalit and the advancement of women int positions of power. Most of the wome believe that industry has been force into salary and job equality.

There seems to be a *(continued*

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WHERE DO WOMEN GO FROM HERE?

continued

ong feeling that current women's aders, existing commissions, current mmittees and nongovernmental or- nizations have done a good job. But ore than 90 percent feel that new lead- s and spokespeople should be en- uraged and highlighted. Jinx Melia, ecutive director of the Martha Move- ent, feels that current leadership is too ncentrated on elite, college-educated omen who do not make enough con- ction with blue-collar women. "If aders can learn to represent other omen who have different values and fferent socioeconomic backgrounds, ey could be more effective."

"I believe we have collectively made least one serious error," comments ne Thorsen Truax, director of the innesota Women's Center at the Uni- rsity of Minnesota. "We have defined e movement strictly in terms of femi- sm, and have therefore excluded the ousands of women who have been fected by change, but who don't want be identified with feminism."

"New leaders must emerge who will eak out as fearlessly as the current aders but who will not be labeled as ti-male, anti-marriage and anti-home. e women's movement is really a move- ent for the humanizing of the individ- l," says Dr. Cora Norman of the nerican Association of University omen in Oxford, Mississippi.

Political power

Many of the women stressed the im- rtance of political power. "Power in is country," says Mary Dent, co-chair- rson of the Republican National Com- ttee, "means elected power. Women ust assume more responsibility and n for office at all levels. They must o work within the existing party or- nization." Helen Meyner, former New rsey Representative in Congress, com- nts, "If you could see the look in the es of young Girl Scouts who come to ashington and see women—not just en—serving in Congress you'd under- nd how important having women re is."

Business power is also cited as an im- rtant factor in spreading the influence the women's movement. "Women's rformance in the business world, both entrepreneurs and as corporate execu- es, should become a major focus of e movement," urges Sherrye Henry, o hosts a program on WOR-New rk radio.

"With position and money comes wer. With power comes all the things are fighting for 'them' to 'give' us. ter all, power is the language that American men speak and understand."

Education is another area much mentioned. "There must be a restructuring of our educational system," says New York City human rights activist Alberta B. Fuentes, "to encourage girls to achieve their potential. Once a second-class mentality is instilled, we lose another generation."

Overall, there seems to be no doubt that the women's movement will continue. "The women's movement is *in* the population," says long-time women's cause banner-waver Liz Carpenter. "There is no turning back. It will shape itself to the times and needs as they come." "We are all part of the women's movement whether we know it or not," declares Rena Bartos, the senior vice president, J. Walter Thompson & Co.

"We cannot go back, we cannot stand still, therefore we have no choice but to keep pressing forward no matter how difficult the road ahead seems," says Addie Wyatt, Chicago, outstanding labor leader and one of the 1977 LHJ Women of the Year.

"Women would be advised to keep the issue promulgated by the E.R.A. as clear as possible, namely, that equality under the law is the primary mode in realizing the fullest potential for women in the United States," declares Sister Agnes Mary Mansour, R.S.M., president of Mercy College in Detroit.

Even Ann O'Donnel, R.N., vice president of the National Right to Life Committee, while pointing *(continued)*



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out the "inconsistency" of induced abor tion "with the principles of equality an justice for all people," states that: "It i my hope that the movement will mov in the direction of integrating the soc ety with a sense of harmony."

"Too many women have benefite from the efforts of others to return t 'the good old days,' " writes a respond ent who chose not to sign her name. "I is natural to resist change. We all resis it. But eventually change will be ac cepted. . . . I hope it will not take to long."

Because so many of the women vote in favor of added seminars, think tank and sounding boards for the future o the women's movement, *Ladies' Hom Journal* is now working on a plan t generate further discussion on "Wom en in the Eighties." If you didn't receiv a questionnaire and would like one, o if you would simply like to tell us you views, send a letter now to "Women i the Eighties," Ladies' Home Journal 641 Lexington Avenue, New York, New York 10022. We'll report back to you a the year moves on. **End**

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Meta Henna International Inc., Elk Grove, Illinois

The Carrion Flower

By George & Virginie Elbert

Carrion Flower. ***Stapelia variegata. Asclepiadaceae.*** Striking succulents for window or light garden. In the latter they bloom on and off throughout the year.

The stapelias and the very similar related genera will grow in popularity as they become better known. The flower of S. *variegata* is amazing. From a plant no more than three or four inches high, consisting of angled cactus-like stems, hangs a three-inch flower that is a geometrically perfect flat five-pointed star with a fleshy ring around the middle (annular ring).

The color is matte yellow symmetrically daubed with small irregular spots in deep red. It can be grown quite big and the stems *can* grow ten or 12 inches long, but the smaller size is more satisfactory in the house and the dimensions of the flower remain the same.

We have chosen this species because it is at present the most versatile one and the easiest to grow and bloom. For sheer size S. *nobilis* (or *gigantea*) is unbeatable. The stems are a bit longer and heavier than S. *variegata*, but the flower, also star-shaped, is full 11 inches across. The plant is worth growing just for that and for the sight of its big balloon of a bud that takes about a half hour to open fully, each lobe springing free separately.

The name carrion flower is come by honestly. But the odor is not very strong and nobody obliges you to poke your nose into the immediate area. The objectionable feature is not noticeable a couple of feet away except perhaps to a fly, which acts as pollinator, and for whom it is, presumably, infinitely enticing. The odor of good ripe cheese is not exactly that of perfume, but we don't hesitate to eat it. So let the fly have *his* fun and you grow these lovely and easy plants.

Pot small in soil suitable for cactus with plenty of lime. If your plant has arrived very dry from a nursery, merely spray once a day until new growth starts. Then you can begin a regular regimen of plain waterings with a monthly fertilizing of fish emulsion. The pot should not dry out completely if you want the plant to flower regularly. Should you neglect it the stems will shrivel but will recover quickly if lightly watered.

In a sunny window stapelias will bloom in late summer. Under lights you can get them to perform throughout the year—usually one flower at a time. Humidity is unimportant and the temperature can drop to 50° F. without harming the plant. But for bloom, 65° F. and over is advisable. Under lights the tips of the stems should be about six inches from the tubes. Oddly enough, they don't like to be too close and will change color and shrivel if they are subjected to too much light. Some species are much more sensitive on this point than others. S. *variegata* requires less light than the others.

The flower bud develops on a dangling stem. So, the moment a bud appears, the pot must be raised up on another pot to give the bud room to grow.

Although regular watering encourages bloom we must warn you that your plant will rot away if it is overwatered. Do not water during cool periods. Do not water if the plant stops growing. If rot develops, it will start at the bottom of the stem. Remove the whole stem, cut off the rotten part up to a good green flesh, and follow the procedures for normal propagation.

An infestation of mealybugs is possible. Remove those you see with a brush dipped in alcohol (rubbing alcohol will do).

Any description of stapelias is vain. You have to see them. Once seen, you will want to grow them. **End**

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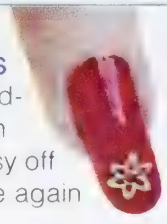
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Escape When Cornered at a Cocktail Party

remember being cornered once in eorgetown by a young liberal lawyer no thought the country was going to nk under the Continental Shelf tomorw if I didn't promise him I would t least think about" his harebrained hemes for urban renewal. "It's your ture too!" he kept yelling until I either d to get out of there or tell him what boob I thought he was. As I recall, I erely lifted his glass from his hand. nounced, "You need a freshener," and nked away through the crowd toward e punch bowl.

Often, such a simple ruse will work. ot infrequently, however, it will fail, d your unwanted interlocutor will be your heels all the way to the drinks. ithin 30 seconds you'll be listening his pathetic blather again, having anged nothing but positions.

A much more direct method is merely enlist an outsider on your behalf: dect the young liberal's attention toward more likely victim and go to the punch wl alone. Just grab the arm of the arest passing stranger and announce, Have I got someone for you to meet!" If your predator's glass is full and the valry seems nowhere in sight, hower, you should resort to the time-tested oy: the counterattack. Fight down ur bewilderment at his statistics, then ddenly exclaim, "What you're saying st reminded me!" And start on about natever personal concern of yours ould most discomfit him. If your pereutor has been talking about milk price pports, the ideal *non sequitur* might ll, "Oh, my cousin Johnny drinks a lot milk, and I'll tell you, it must be od." If he's been getting rhapsodic, for something like waste disposal. If 's just reached a plateau of abstracn, bring him down to earth by quotg Blake on "seeing the world in a grain sand," and begin expostulating on the azing construction of the starfish.

Get on the hobby horse and ride it all it's worth. Refuse to let him get a word edgewise. Convince him that difference between understanding a rfish and understanding the universe merely a matter of semantics. Eventuy he will be struck by the overwhelmg desire to tell you what a boob he nks you are. And with any luck, he ll grab your glass and rush to the nch bowl. **End**

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HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

POPULARITY

Popular opinion is the greatest lie in he world.—*Carlyle.*

Whatever is popular deserves atten-on.—*Mackintosh.*

Avoid popularity; it has many snares, nd no real benefit.—*Penn.*

A popular man soon becomes more owerful than power itself.

The great secrets of being courted, e, to shun others and at all times to eem completely delighted with your-lf.—*Bulwer.*

A generous nation is grateful even for he preservation of its rights, and will-gly extends the respect due to the ffice of a good prince into an affection r his person.—*Junius.*

Seek not the favor of the multitude; is seldom got by honest and lawful eans. But seek the testimony of the w; and number not voices, but weigh em.—*Kant.*

True popularity is not the popularity which is followed after, but the popularity which follows after.—*Lord Mansfield.*

The vulgar and common esteem is seldom happy in hitting right; and I am much mistaken, if, amongst the writings of my time, the worst are not those which have most gained the popular applause.—*Montaigne.*

Applause waits on success; the fickle multitude, like the light straw that floats along the stream, glides with the current still, and follows fortune.—*Franklin.*

Be as far from desiring the popular love as fearful to deserve the popular hate; ruin dwells in both; the one will hug thee to death; the other will crush thee to destruction: to escape the first, be not ambitious; avoid the second, be not seditious.—*Quarles.*

The greatness of a popular character is less according to the ratio of his genius than the sympathy he shows with the prejudices and even the absurdities of his time. Fanatics do not select the cleverest, but the most fanatical leaders; as was evidenced in the choice of Robespierre by the French Jacobins, and in that of Cromwell by the English Puritans.—*Lamartine.*

Glory is safe when it is deserved; it is not so with popularity; one lasts like a mosaic; the other is effaced like a crayon drawing.—*Bouffers.*

As inclination changes, thus ebbs and flows the unstable tide of public judgment.—*Schiller.*

The love of popularity seems little else than the love of being beloved, and is only blamable when a person aims at the affections of a people by means in appearance honest, but in their end pernicious and destructive.—*Shenstone.*

O popular applause! what heart of man is proof against thy sweet seducing charms? The wisest and the best feel urgent need of all their caution in thy gentlest gales; but swell'd into a gust—who then, alas! with all his canvas set, and inexpert, and therefore heedless, can withstand thy power?—*Cowper.*

The only popularity worth aspiring after, is the popularity of the heart—the popularity that is won in the bosom of families, and at the side of death beds.—There is another,—a high and far sounding popularity, which is, indeed, a most worthless article—a popularity which with its head among storms, and its feet on treacherous quicksands, has nothing to lull the agonies of its tottering existence but the hosannas of a driveling generation.—*Chalmers.*

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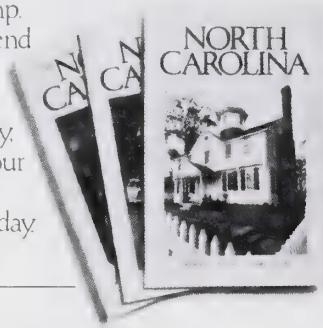


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HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

FAITH

Faith affirms many things respecting which the senses are silent, but nothing which they deny.—It is superior to their testimony, but never opposed to it.—*Pascal.*

Faith is a certain image of eternity. All things are present to it—things past, and things to come; it converses with angels, and antedates the hymns of glory. Every man that hath this grace is as certain there are glories for him, if he perseveres in duty, as if he had heard and sung the thanksgiving song for the blessed sentence of doomsday.—*Jeremy Taylor.*

Never yet did there exist a full faith in the divine word which did not expand the intellect while it purified the heart; which did not multiply the aims and objects of the understanding, while it fixed and simplified those of the desires and passions.—*Coleridge.*

All the scholastic scaffolding falls, as a ruined edifice, before one single word of faith.—*Napoleon.*

There is a limit where the intellect fails and breaks down, and this limit is where the questions concerning God, and freewill, and immortality arise.—*Kant.*

Faith must have adequate evidence, else it is only mere superstition.—*A.A. Hodge.*

We cannot live on probabilities. The faith in which we can live bravely and die in peace must be a certainty, so far as it professes to be a faith at all, or it is nothing.—*Froude.*

Christian faith is a grand cathedral, with divinely pictured windows.—Standing without, you can see no glory, nor can imagine any, but standing within every ray of light reveals a harmony of unspeakable splendors.—*Hawthorne.*

Epochs of faith, are epochs of fruitfulness; but epochs of unbelief, however glittering are barren of all permanent good.—*Goethe.*

The saddest thing that can befall a soul is when it loses faith in God and woman.—*Alexander Smith.*

Naturally, men are prone to spin themselves a web of opinions out of their own brain, and to have a religion that may be called their own. They are far readier to make themselves a faith, than to receive that which God hath formed to their hands; are far readier to receive a doctrine that tends to their carnal commodity, or honor, or delight, than one that tends to self-denial.—*Baxter.*

Faith and works are as necessary to our spiritual life as Christians, as soul and body are to our life as men; for faith is the soul of religion, and works the body.—*Colton.*

There never was found in any age of the world, either philosopher or sect, or law, or discipline which did so highly exalt the public good as the Christian faith.—*Bacon.*

Despotism may govern without faith, but Liberty cannot.—*DeTocqueville.*

Faith is the eye that sees Him, the hand that clings to Him, the receiving power that appropriates Him.—*Woodbridge.*

Faith is to believe, on the word of God, what we do not see, and its reward is to see and enjoy what we believe.—*Augustine.*

Faith evermore looks upward and describes objects remote; but reason can discover things only near—sees nothing that's above her.—*Quarles.*

The steps of faith fall on the seeming void, but find the rock beneath.—*Whittier.*

Faith without works is like a bird without wings; though she may hop about on earth, she will never fly to heaven.—But when both are joined together, then doth the soul mount up to her eternal rest.—*Beaumont.*

What I admire in Columbus is not his having discovered a world, but his having gone to search for it on the faith of an opinion.—*Turgot.*

Faith is the pencil of the soul that pictures heavenly things.—*T. Burbridge.*

All I have seen teaches me to trust the Creator for all I have not seen.—*Emerson.*

The errors of faith are better than the best thoughts of unbelief.—*Thomas Russell.*

While reason is puzzling herself about the mystery, faith is turning it into her daily bread and feeding on it thankfully in her heart of hearts.—*F.D. Huntington.*

Strike from mankind the principles of faith, and men would have no more history than a flock of sheep.—*Bulwer.*

Faith does nothing alone—nothing of itself, but everything under God, by God, through God.—*Stoughton.*

Much knowledge of divine things is lost to us through want of faith.—*Heraclitus.*

Faith is like love: it cannot be forced.—As trying to force love begets hatred, so trying to compel religious belief leads to unbelief.—*Schopenhauer.* **End**

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YARGO

continued from page 136

Doctor Galens bombarded me with the kind of question you ask a nut. Had I always been imaginative? Had I read a great deal about flying saucers? Had I ever been in love with a man who was in some way unattainable? Did my father resemble this man?

It was no use. Doctor Galens was very kind; he gave me two whole days of his time. But he didn't believe my story. His final advice was to ask David for another postponement of the wedding. Once my obsession was conquered, and we started on a full analysis, I would probably find happiness with David.

But it wasn't as easy as that. Dining with David that evening, I asked him to postpone our wedding, not mentioning Doctor Galens or his advice. David balked. Didn't I love him? What would people think? He'd be a laughingstock. His whole life was planned around this wedding.

"What have I done wrong?" he asked. "Don't you love me?"

So I gave up and agreed to marry him. Tomorrow. Just as planned.

That night I washed my hair. It was losing the luster it had gained on Yargo . . . but I hadn't been there, had I? I did my nails; they were chipping. On Yargo, even my nails—but there was no Yargo.

My mother's house was still. It was midnight, time to go to bed. Tomorrow I'd be married. I put out the light.

I was running down the street, and it was cold. When had I gotten out of bed? I was wearing a polo coat over my red linen dress. Was I going mad again? Maybe I wasn't running at all, maybe I was still in my mother's house. But this is real, I feel the cold air . . .

I kept running.

Maybe this is the beginning of another episode of amnesia.

Down the street, across avenues—the park! Where I had played as a child. And the hill—we used to call it Wishing Hill. You ran to the top and made a wish and spit in the wind, and it came true. Oh, Doctor Galens is right, I must turn back . . . David . . .

But I climbed the hill, and made a wish.

"Oh, Yargo," I sobbed. "Your spaceships watch Earth. Come and get me! Please!"

Then I spit into the wind. And saw . . . the shining disc hovering overhead . . . Now the ray, *oh, please send the ray.*

And the ray lifted me.

He was beside me, smiling.

"Oh, Yargo!" Tears streamed down my cheeks. "If this is insanity I never want to be sane."

He didn't speak, but his eyes never left my face.

"I know you're not real, this isn't true, because of the appendix," I babbled. "Yargo, I still have my appendix, so you're not real . . ."

He took me in his arms.

"I've been searching for you." His voice was soft. "I've been flying over Earth for months, searching. I love you."

"Now I know I'm crazy," I answered.

"No, Janet, you're not. You must come back. You must save me and my people."

"Save you . . . you who are thousands of years ahead of us?"

"We are the most advanced, the most scientific of any people, but which planet has the most wisdom? I don't know. Perhaps as people, we have retrogressed, for in comparison to you little Janet, we are not people. How well I understand now what you were trying to tell us! There is a point where science ends and emotions, hope and faith must begin."

He was pleading now, and I was happy.

"Come back to my world," he said. "Teach us to love one another, teach us about the God we have forsaken."

He held me in his arms, and I knew true happiness. The feel of his strong body, the purr of the spaceship's engines, the darkness of outer space . . .

"And Janet," he said. "We never did take out your appendix. After cutting you open, our learned surgeon changed his diagnosis. You merely had an old-fashioned, Earth-type stomachache."

I laughed. He laughed too. I clung to him, telling myself that I didn't care whether this was real or not, as long as it never ended. He held me in his arms, and kissed me.

The following day, Eastern newspapers carried a brief story about the groom who had been left waiting at the church. The bride had suffered an attack of amnesia the previous summer, and her family feared that she had fallen victim to another episode. The papers asked readers to keep a lookout for her. Especially in the vicinity of Avalon, New Jersey.

End

WINTER ILLNESSES

continued from page 20

projections that clear the bronchi of mucus, to do their work. The body attempts to clear itself by coughing, the most significant symptom of bronchitis. Other symptoms are tiredness, low fever, sore throat, runny nose and, sometimes, wheezing. The basic treatment for bronchitis is to help the cough clear out the mucus. Untreated bronchitis can lead to pneumonia. Chronic bronchitis can lead to emphysema, a serious and incurable ailment.

Prevention

Give proper home care to minor respiratory problems such as colds.

Home treatment

- Drink a large amount of fluids—as much as a gallon a day. Liquids help to thin the mucus in the lungs, making it easier for the cough to do its work.
- Rest in bed.
- Inhale steam frequently from a vaporizer or over the bathroom sink. Steam inhalation will dilute mucus and help the cough to bring it up.
- Take expectorant cough medicines, which are made to help bring up the mucus.
- Twice daily, lie on your stomach and hang your head and chest over the side of the bed for one minute. This helps to drain the mucus.
- Massage the chest and back muscles to increase blood flow to the chest.

When to call a health professional

If sputum, usually clear or white, turns green, brown or yellow. This may indicate bacterial infection.

If the mucus coughed up becomes thick and "rusty colored."

If there is a history of frequent bronchitis.

If breathing difficulty is present when the patient isn't coughing.

If there is wheezing.

If there is increasing chest pain.

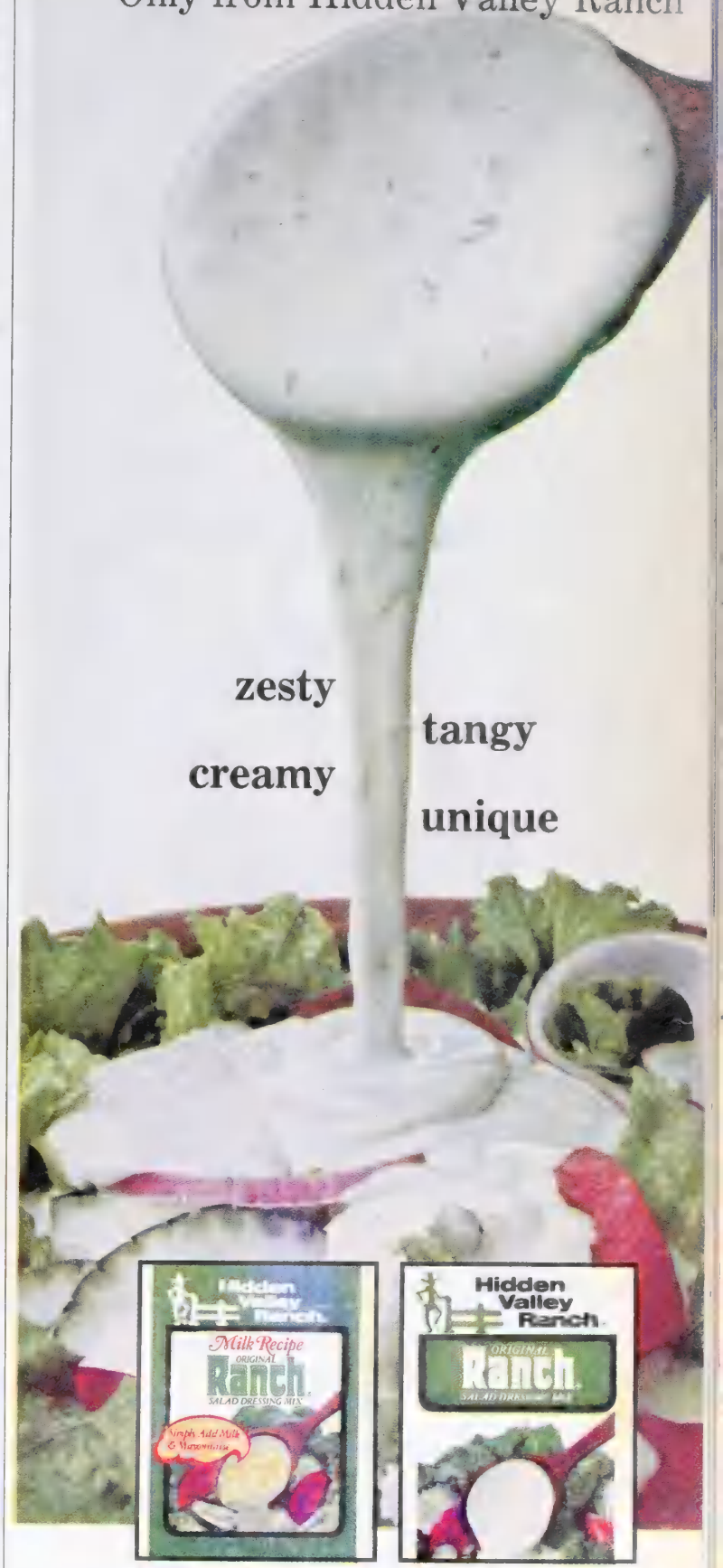
If mucus continues to thicken.

If the patient is an infant, elderly or chronically ill.

Colds

The common cold is an inflammation of the membranes of the nose, throat, pharynx or tonsils. Infection can spread to the lungs and middle ear. A cold is always virus-caused, and there is no immunization. A cold cannot be helped or cured by antibiotics. *(continued)*

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WINTER ILLNESSES

continued

The symptoms of a cold are runny nose, red, itchy ey sneezing, sore throat, coughing, headache and general bo aches. Children often have a fever; fever in adults is l common. A child's cold usually lasts two weeks; an adul a week. There is a gradual one or two-day onset.

Frequently, a cold leads to more serious problems. The are sometimes caused by improper or no home treatment; l some people, especially children, are simply more susceptil

Prevention

Colds are almost an inevitable fact of life, but there some hints that might help you to prevent a cold—especia in late winter and early spring.

- Eat and sleep properly and get plenty of exercise to ke up your resistance.
- Wash your hands frequently, particularly when you around people who have colds.
- Keep your hands away from your nose, eyes and mouth
- If possible, humidify your house. If that's not practic humidify the bedroom.

Home treatment

- Get extra rest after work or school. It isn't necessary stay home if you feel well enough to accomplish somethin providing you don't needlessly expose others.
- Double or triple your normal fluid intake.
- Take aspirin or acetaminophen to reduce fever and relie aches and pains.
- Humidify the patient's bedroom for comfort.
- Some over-the-counter preparations *may* relieve the sym toms of a cold, making the patient more comfortable. Th will not shorten the duration of a cold. Sometimes, use decongestants at the first sign of a cold may prevent the o set of an ear infection.

When to call a health professional

- If a fever of over 103°F. accompanies other symptoms a cold.
- If there is wheezing or breathing difficulty.
- If the throat is very sore, bright red or spotty.
- If the throat, nose or ears emit an overall foul odor.
- If there is a yellow or green nasal discharge.
- If a cough after a cold persists for more than five days wit out improving.
- If an earache (more than just a "stuffy" ear) lasts f longer than an hour.

Sore Throats (Mild)

You should usually be able to trace the cause of a mild so throat. Often, low humidity, air pollution and shouting a to blame. People with allergies and stuffy noses may breath through their mouths while sleeping. They often have a irritated throat when they wake up. A sore throat may a company a cold.

Prevention

The most logical way to prevent an irritated throat is avoid the irritant. For example, try increasing the humidit of your living and working environments.

Home treatment

- Humidify the home, especially the bedrooms.
- Gargle with warm salt water (one teaspoon in eight ounce of water) or with mouthwash.
- Cough drops or hard candy can soothe irritated tissue.
- Drink more fluids.

When to call a health professional *(continued*

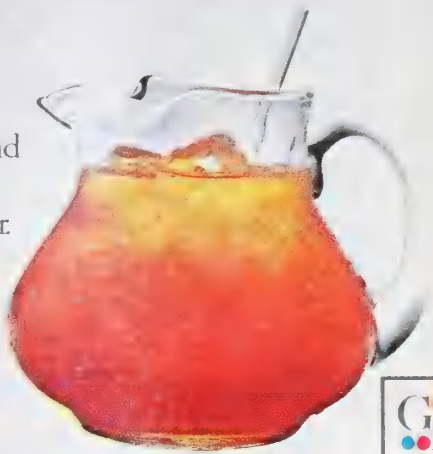


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Chopped Burger for Dogs

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WINTER ILLNESSES

continued

- If you cannot trace the cause of the sore throat.
- If someone in the family has recently had strep throat.
- If you have a history of frequent strep throat.
- If a fever of 103°F. accompanies a sore throat.
- If a mild sore throat lasts more than two weeks.
- If, on examination with a penlight, the throat is very bright red, or has white spots or pus on it.
- If there is a foul odor from the mouth.

Strep Throat

Strep throat is an infection caused by a streptococcal bacterium. It is serious and must be diagnosed and treated by a health professional. It is usually accompanied by a moderately high (103°F.) fever, a bright red throat, pus or white spots on the tonsils or the throat, swollen glands and severe pain. Sometimes there's a foul odor from the mouth.

Without a throat culture, it's very difficult for even an experienced physician to be sure whether a sore throat is caused by strep bacteria. Get a culture taken if you have an unexplainable sore throat, if you have a severe sore throat with a cold, if you have a history of strep, or if someone else in the family has or recently had a strep throat and you get a sore throat, too.

Home treatment

You must see a health professional whenever any bacterial illness such as strep throat is suspected. An antibiotic, given either orally or by injection is the usual treatment if the culture is positive. Continue taking the medication for the length of time prescribed (usually ten days) *even if you feel completely recovered.* The full ten days are needed to kill all the bacteria and to prevent a quick recurrence of the infection. Follow home treatment tips for mild sore throats.

Tonsillitis

Tonsillitis is an inflammation of the tonsils, which are the lymph nodes located at the back of the throat. Since lymph nodes filter infections, the tonsils are affected by any throat infection.

Symptoms of tonsillitis are fatigue, fever and sore throat. The tonsils will be very dark and swollen and perhaps spotted with pus. Another symptom may be vomiting and a coated tongue.

A tonsillectomy (surgical removal of the tonsils) only cures recurrent tonsillitis; it won't prevent colds or other in-

ections. There are two main reasons to emove tonsils: 1) at least four recorded trep-tonsillitis infections in a year; 2) n abscess on the tonsils.

A tonsillectomy, like any surgery, is a erious undertaking, and should be done nly when a physician you trust insists is absolutely necessary.

Iome treatment

Tonsillitis requires the care of a ealth professional who will probably ake a culture to see whether the infec- on is strep.

Gargle with salt water to relieve the ain.

Children and adults should drink a ll eight-ounce glass of fluid every hour r so: This will help to dissolve the se- retions of the bacteria and will bring ore healing blood to the area.

Bed rest will help the body to fight fection. Energy can then go to healing.

Vhen to call a health professional

If there is a history of tonsillitis, espe- ally several bouts per year.

If a sore throat is accompanied by d, swollen or pus-spotted tonsils.

If a fever over 103°F. accompanies a ild's sore throat (101°–102°F. for an dult).

Coughs

Coughing is the way the body expels reign bodies and mucus from the low- respiratory tract. The simplest treat- ent for any cough is water. Water elps to loosen phlegm and soothe an ritated throat. Dry, hacking coughs ten respond to honey in hot water, tea lemon juice. There are two types of ugs that may ease a cough: expecto- nts, which liquefy the mucus and ake it easier to bring up; and suppres- nts, which control the cough. Cough ops can soothe your mouth and ac- ssible parts of your throat.

When to call a health professional

- If a nonproductive (dry) cough suddenly becomes productive.
- If mucus becomes thick or green.
- If there is blood in the sputum on several occasions
- If the cough lasts for more than five days without improvement.
- If the cough suddenly gets worse.
- If the cough is accompanied by a fever of 103°F.

Croup

Croup affects children two to four years of age, and usually strikes in the middle of a winter night. A child with croup has a hacking cough, a seal-like "bark," trouble breathing and a low-grade fever of 100°–101°F.

Home treatment

- Stay calm. The child is already scared.
- Get moisture into the air to make it easier for the child to breathe. The simplest and quickest method is to take the child into the bathroom and turn on all the hot water faucets.
- Set up a vaporizer or croup tent in the child's bedroom. Another member of the family might do this while you are still in the bathroom with the child. To make a croup tent, put a humidifier under the crib and drape a blanket over the head of the crib to trap the moisture near the child's head. If the child no longer uses a crib, you can drape the blanket over an umbrella or card table.
- If the child starts crying, the worst is over—someone who can cry can breathe.

When to call a health professional

- If croup lasts longer than three nights.
- If 20 minutes of steam inhalation does not relax the child enough to allow sleep.
- If the child is gasping and can't breathe.
- If there is retraction or "sucking-in," between the ribs as the child inhales.
- If the child has a fever of 102°–103°F.
- If you or your child can't calm down.
- If it is the first case of croup in your family.
- A very late sign to call your health professional is if the child's skin turns bluish or dusky. This means that the child is not getting enough oxygen—which is extremely serious.

Influenza

Influenza, often called "the flu," is a viral illness that is common in the winter. It resembles a cold, but the symptoms are more sudden and severe. The most characteristic ones are weakness and fatigue. Others include muscle aches, headaches, fever (101°–102°F.), sneezes and a runny nose.

Although a person feels very sick with influenza, it is usually dangerous only to infants, elderly or the chronically ill.

Prevention

Immunization against influenza provides fair protection; it also may lessen symptoms if the disease is contracted. The elderly and the chronically ill should be immunized, even if no one else in your family is.

Home treatment

- Bed rest.
- Extra fluids, at least one full glass every hour.
- Aspirin or acetaminophen can relieve head and muscle aches.
- Antihistamines may help the patient breathe more easily.

When to call a health professional

- If coughing brings up heavy mucus.
- After five days of fever over 102°F.
- If there is increasing difficulty in breathing. *(continued on page 160)*

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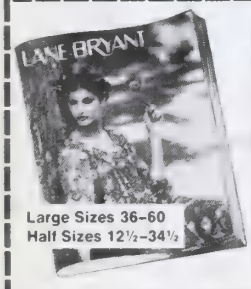
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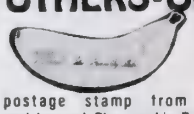


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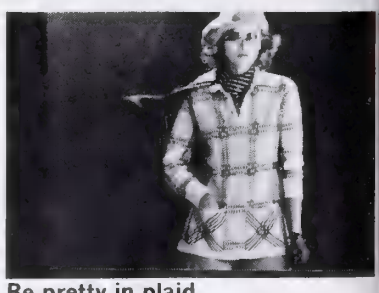
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WINTER ILLNESSES

continued from page 157

- When a patient seems to get better and then gets worse again.

Laryngitis & Hoarseness

Laryngitis can be either a viral or a bacterial infection of the larynx (voice box). The most common cause is a cold; but it can also be produced by allergy. Hoarseness shouldn't be confused with laryngitis: It has similar symptoms but is not infectious. Furthermore, it can be caused by any strain on the larynx. Symptoms of laryngitis are an urge to clear your throat, fever, tiredness, pain in throat, coughing and, of course, loss of voice.

Prevention

- If you have a respiratory infection, take time to treat it so that the infection won't spread to your voice box.

Home treatment

- Laryngitis will usually heal itself in five to ten days; medication will do little to speed recovery.
- If it is caused by a cold, treat the cold.
- Rest your voice.
- Humidify the air.
- Drink lots of liquids.
- To soothe the throat, gargle with warm salt water (one teaspoon salt in eight ounces of water) or drink honey in hot water, lemon juice or weak tea.

When to call a health professional

- If you suspect a bacterial infection. (See the section on strep throat.)
- If hoarseness doesn't seem to be associated with a viral infection and persists for one month.

Pneumonia

Pneumonia is a very serious infection of the smallest air passages (the alveoli) in the lungs. It can be caused by a variety of bacteria or viruses. Often, pneumonia follows another upper respiratory illness, and this is especially true for elderly people or people whose resistance is weakened because of inadequate diet, overexposure to the cold or fatigue. (While cold air cannot of itself *cause* illness, it *can* lower your body's resistance to it.) Improper home treatment of a minor upper respiratory illness may lead to pneumonia.

The person with pneumonia usually appears to be very ill. The first sign of the disease—especially in a child—is very rapid breathing. An older person may complain of pain in the chest and may cough up green or brown sputum. Each breath is labored. Often, later, there are shaking chills and fever.

Prevention

The most important aspect of preventing pneumonia is adequate care of minor illnesses. Maintain the body's normal resistance with adequate diet, rest and exercise.

Home treatment

A health professional must be called if you suspect pneumonia. After a diagnosis of pneumonia, follow this home treatment:

- Pneumonia requires lots of rest for the lungs to clear themselves.
- Take extra fluids to help thin mucus —an eight-ounce glass every hour.

When to call a health professional

- If, during any respiratory illness, there is rapid or labored breathing.
- If a cough following a cold lasts longer than five days without improving.
- If an unexplained cough appears a few weeks after a cold.

Sinusitis

Sinusitis is an inflammation of the sinuses. (The sinuses are cavities lined with mucous membranes. Sinuses drain easily unless there is an infection.) There are two categories of sinus infections: acute, lasting less than three weeks; and chronic, lasting longer. Because the sinus cavities are not completely developed until late adolescence, sinus infections are seldom found in young children.

The key sign of a sinus infection is pain under the eyes and on opposite sides of the bridge of the nose. There may also be headache, fever, runny nose, post-nasal drip (mucus running down the throat), sore throat and toothache. Headaches may occur on rising and get worse in the afternoon.

Prevention

Blow your nose carefully. Too forceful blowing can cause sinus infections by forcing mucus up into a sinus and blocking it. Prompt, correct treatment of a cold may prevent a sinus infection.

Home treatment

- When you first notice sinus pain, lie on your back and apply alternating h and cold compresses to your forehe and cheeks for about a minute each, f a total of ten minutes. If needed, repe four times daily, giving the last tre ment at bedtime. This treatment see to stimulate drainage.
- Apply decongestant nose drops each nostril while lying down.
- Try repeating the letter K (kay-ka kay) for 30 seconds. This can help open the sinuses.
- Gargle with warm water to clear t throat.
- Increase home humidity, especia in the bedrooms.
- Breathe steam from a vaporizer over a sink filled with hot water.
- Drink three times your normal fl intake. This will keep the mucus thin.

When to call a health professional

- If you feel pain along the ridge l tween nose and lower eyelid. This co indicate infection of the ethmoid sin which is quite serious.
- If there is a fever of over 101°F.
- If the face swells.
- If a severe headache is not eased aspirin or acetaminophen.
- If there is bleeding from the nose.
- If there is increased thick yellow green nasal discharge.
- If vision changes or is blurred.
- If, after two days of home treatme there's no improvement.

Cold Sores

Cold sores or fever blisters, caused a Herpes virus, are small, red blist that often weep and scab and have dry ring around a moist center. C sores may appear after colds, with a ver, after exposure to the sun, in as ciation with menstruation or for no parent reason at all.

Home treatment

- Be patient. Cold sores usually away within seven to ten days.
- A lip balm may ease the pain.
- Cornstarch may be soothing. Ap in a paste made with a little water.



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Editor's Diary

Lenore Hershey

WORKING WOMEN

Homemakers always have been, and will continue to be, precious to the *Journal*. But today, the woman who works is representative of at least half our readership. The *Journal*, as a useful magazine for the contemporary woman, must serve the varied needs and lifestyles of the wage-earner who is often balancing a job with a man, children, home, social responsibilities and a drive toward self-growth. In this March issue, you'll see many examples of how we approach the subject. On page 110, our beauty makeover story concerns six women who run an airline, and how they improved their looks. On page 102, our dressing-for-success story uses real working women as models. And our March Journal cookbook (page 116) is built on that economical and available staple, tuna fish, and can serve as a basic text for all busy women.

OUR WORKING WOMEN

The three editors (below) who produced these stories are all examples of today's diversified working women. Trudy Owett, left, our Fashion Editor, is married, has two children in college and is a theater and movie buff. Maureen Lynch, center, our Health and Beauty Editor, who flew to South Bend, Indiana, in an ice storm to photograph the Skystream Airlines group, is unmarried, jogs, travels and loves to cook and entertain. Sue Huffman, right, our Food and Equipment Editor, is divorced, has two young children, and thus faces the intense juggling of baby sitters and emergency calls from school. These, plus the thirty or so other working women in the office, from their early twenties on, give us the conviction that women are all on the way up.



Left to right: Trudy Owett, Maureen Lynch, Sue Huffman. (Joint statement: "We're all reaching for a rich total life, but the job-side is important, and changes some of the rules.")

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ARTICLES & FEATURES

Editor's Diary		4
What's Happening	Gene Shalit	8
How to Fight Bad TV	Ralph Nader	17
Can This Marriage Be Saved? "My Husband Wasn't 'Man Enough' for Me"	Dorothy Cameron Disney	22
Spending Your Money	Sylvia Porter	26
Drugs and the Stars: Hollywood's Own Horror Story		34
How Much Should You Tell Him About Your Past?	Elin Schoen	50
The Working Woman: The New Etiquette—Telephone Manners	Amy Vanderbilt, as revised by Letitia Baldrige	55
Dianne Feinstein: A Brave New Mayor	Judy Stone	60
Your Family's Health	David R. Zimmerman	62
Mothering: Why Is This Baby Crying?	Geraldine Carro	64
Cheryl Ladd: Juggling Sanity and Success	Patricia Miller	78
Beautiful Geraniums—Indoors	Virginie F. and George A. Elbert	80
How to Get a Good Night's Sleep	Joann Ellison Rodgers	86
Rosalynn: "When Jimmy Carter Married Her, He Married Magic"	Ralph G. Martin	99
Pet Journal: Those Lovable, Laughable Pets	Roger Caras	178

SPECIAL SECTION

A Time for Children		147
Helping Your Children to Love Each Other	Joyce Maynard	148
Love Song to My Baby Girl	Jonathan Fast	149
Do Fathers Make Good Mothers?	Joyce Maynard	152

FICTION

Enemy at the Gates	Barbara Holland	38
Winners Take All	Gertrude Schweitzer	106

FOOD & EQUIPMENT

Mealtime Express		52
Food Processors—Your New Freedom and Joy	Jean Anderson	66
LHJ's Tuna Cookbook: A Tasty Catch	Sue B. Huffman	116
Recipe Index		166

FASHION & HOME SEWING

Suited for Your Working Image	Trudy Owett	102

HEALTH & BEAUTY

Beauty Journal		48
A Diet for Bonnie Franklin—and You	Lois Lindauer	84
A Flying New Start	Maureen Lynch	110

DECORATING & CRAFTS

The Perfect Bellpull		42
Macramé Makes the Scene	Ann B. Bradley	59
The Perfect Cube	Nathan Mandelbaum	108

Cover photograph of Cheryl Ladd by Harry Langdon, Jr.; makeup by Don Cash; hairstyle by Norma Lee. Photo pgs. 93, 100 and lower right 101, UPI; at top, Sygma and Liaison respectively. A Time for Children s photographs by Phoebe Dunn, drawings by George Angelini.

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What's Happening



Gene Shalit

Liv Ullmann tells Gene of the joys and sorrows of being a celebrity mother. Later on, Gene reviews a new crop of major new movies.

Is it a blessing or curse to be a celebrity's child? I raised the question recently with Liv Ullmann (currently starring in Bergman's *Autumn Sonata*), and here is her reaction.

GS: Are children happy when the mother is a celebrity, or is it a hindrance?

LIV ULLMANN: I think it is both. If you are close to the child, the child takes part in it. When you have a lot of time to give to the child, then the fact people seem to like Mama is a shared pleasure. But at other times, when you have had too much to do or have been away and the child just sees that a lot of other people are claiming Mama, I think the child *hates* it. But that doesn't happen only with career-oriented parents. Even a mother staying at home can isolate herself very much from the child. If she is tired or unsatisfied, she may set the child out of her life even though they are physically in the same house. I really don't think you can say that that kind of tragedy happens only with career women.

GS: Do children meet stimulating people because their mother is a celebrated person?

LU: Surely. They do get in contact with well-read, interesting, grownup people who talk to them like *they* are grownups, too. They get to see something of the world early, and that is not necessarily bad.

GS: Does your daughter travel with you even when you make a movie in some far-off place?

LU: Always. She is *always* with me, but there have been many times when I worked so hard that when I got home at night I wasn't the best of mothers. But she's always been with me and she's always known that we stick together. I think sometimes it's difficult, but she hasn't talked much about that to me. For instance, in school sometimes children of celebrities find out their friends are very nice to them for the wrong reasons. And when they find out that the reasons were wrong they get very hurt and disappointed. They discover they've had a false popularity. Also the opposite: Sometimes they get negative feelings from friends who are jealous because of their mother or father, whoever is the celebrity.

GS: When you were a little girl were you close to your mother?

LU: I loved her enormously, but I don't think we were close in the way Linn and I are because I knew very little about my mother except that she was a kind of mother figure. You cannot be really close to a person if you don't know who they are as *people*. When I was a little girl I spent a lot of time sitting in my mother's bookstore. I wanted to be close to her in her environment, but I can't remember really talking or discussing anything with her. I *will* tell you one thing that celebrities' children hate: and that is that their mothers talk like this.

[*Note: How odd that Liv Ullmann is now appearing on Broadway in a new musical version of* I Remember Mama.]

THE MOVIE SCENE

I dare say that no movie opening in 1979 will be more admired, more despised or more talked and written about than *(continued)*

Jontue

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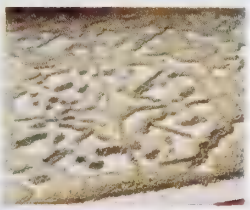


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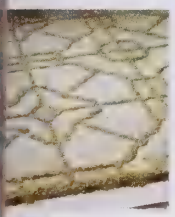
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What's Happening

continued

will *The Deer Hunter*. It is the work of Michael Cimino, who is instantaneously an important director. He has assembled a cast that creates a set of miraculous performances: Robert De Niro, John Cazale, John Savage, Christopher Walken and Meryl Streep. Their entire careers may be measured by this film. The lovely John Cazale died last year, leaving a legacy of superlative performances: *The Godfather*, *Dog Day Afternoon* and shining roles on the stage. De Niro won an Academy Award for *Godfather II*, and I will never forget him as the dying baseball player in *Bang The Drum Slowly*. Christopher Walken gives an overpowering performance in this film, and if ever a star was born in a single film, Meryl Streep has been with her unforgettable portrayal here, in her first film. The movie is set in a slate and ashen steel mill town in western Pennsylvania where five friends work the blasting furnaces and seek release in the back-slap tavern, the Legion Hall, and by hunting deer in the Allegheny hills. The film's alternate setting is Vietnam during the horrors of the late 1960s. Here are scenes of suffocating savagery, with suspense so choking that some people I know found it unendurable and fled from the film. But it is not only this grotesque hell that remains with me: It is Cimino's evocation of the lives of the friends that fills my mind. *The Deer Hunter* is a film of ideas, of how we live, of fear and courage and grace. You may be outraged and walk out before the three-hour narrative furls to its close. But if you stay, you will have been immersed in a life you are unlikely ever to have seen before, and you will have had new way.

REFRESHING FUN

The Brinks Job stars Peter Falk as a small-time safecracker in Boston. On most days he couldn't steal a glance, but he decides he is going to rob Brinks of millions. The whole thing is played as comedy, and it's based on the famous Brinks robbery in which millions *were* stolen. Refreshing fun.

UGLY MELODRAMA

King of the Gypsies was a first class piece of journalism in 1975, and it became a best seller. Now it is on screen: The story of gypsies in New York who teach their tots to steal, hoodwink the gullible through fortune-telling, sell their pre-adolescent daughters and beat up their wives. A newcomer, Eric Roberts, is on screen almost all of the time. He wants to escape the gypsy tradition and, as he puts it, enter the 20th century. The movie is violent, ugly, melodramatic and chopped up (or should be). Summarizing the title word *Gypsy:*

Gyp? Yes.

See? No.

HOUR BY HOUR

John Travolta hit the Hollywood screen in *Saturday Night Fever*—a movie that made an enormous amount of money proving he couldn't dance. Then he starred in the musical movie *Grease*, and proved he couldn't sing. Now he is on view in a movie with Lily Tomlin called *Moment by Moment*, and indicates that he cannot act. But I won't put all of the blame on poor Travolta: Lily Tomlin is even worse than he is. She sleepwalks through her role with a slack-jawed monotone, the victim of Jane

(continued on page 176)



"Can a thousand dollar tax deduction get a word in edgewise?"


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"My husband is seeing a younger woman these days... me!"



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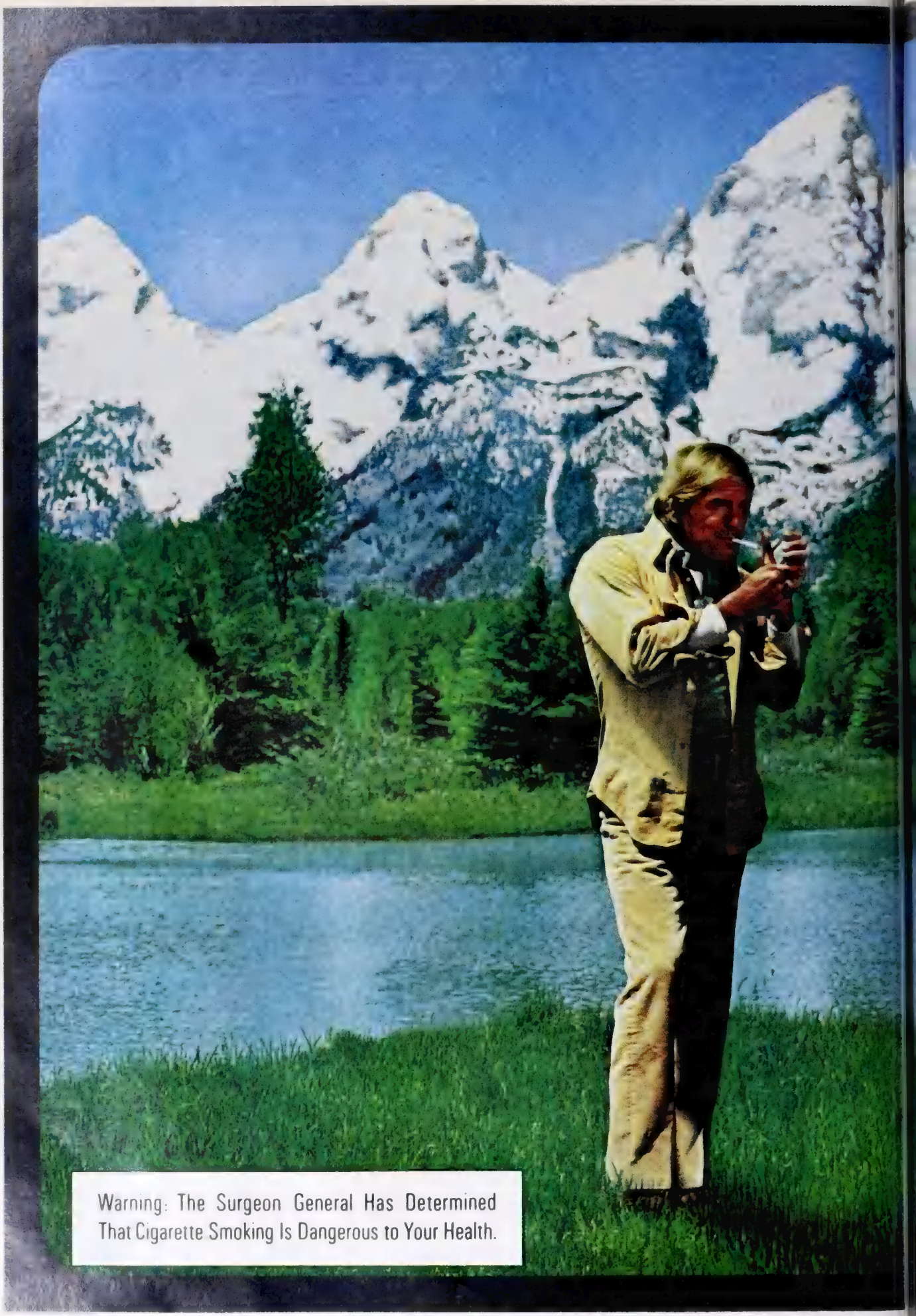
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Ultra Frost
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How to Fight Bad TV

Ralph Nader

America's leading consumer crusader, and now chairman of the National Citizens Committee for Broadcasting, tells how you can talk back to your TV—and make it listen.

Are you disturbed by some of the things you see on television? Are there programs, commercials, ways of reporting the news—or total trends of content—that you'd like to change? If the answer is yes, you're not alone. Because today TV is so pervasive, because the air waves are public property and because citizens are increasingly aware of the effect of media on the quality of life, concern is growing about what is and what is not being shown on the ubiquitous tube.

Perhaps the most vociferous criticism comes from groups such as the Parent Teacher Association, which actively deplores the violence, sex and foul language often used on television. Networks receive many complaints about the number of commercials, and both advertisers and TV stations are frequently challenged about deception and bad taste in advertising. Women and minorities are deeply concerned about the sexual and racial stereotyping that strengthens existing prejudices against them. And growing numbers of citizens are increasingly aware of the poor quality of programming and the inadequate variety of what is offered.

What can you do at home?

You *can* do something about what comes into your home. But to become more effective as a public citizen, you must first become more educated as a private viewer. It is, therefore, important to become a critically aware TV-watcher. You can begin to do this by monitoring your television viewing time and habits. Keep a chart for a month, adding up the time you spend watching TV and noting the kinds of programs you choose. Do the same for your children. With this information, you can get a clearer idea of how TV affects the lives of each of your family members. Does it determine mealtimes and bedtimes? Does watching TV reduce the time you have for reading, writing letters, talking with friends and family or getting involved in community activities?

Disciplining children's TV habits is, increasingly, an important obligation for parents. Many parents (78 percent in one survey) use TV as a babysitter. By the age of 18, most children have spent between 15,000 and 20,000 hours in front of the tube. TV is, indeed, bringing up our children.

More and more parents tell me that they have put their small children on a weekly TV budget—there is a certain amount of time allocated for TV-watching—and, together, the parents and child decide what programs the child will be allowed to watch. It's also helpful to watch TV with your youngsters. Find out how they feel about what they've watched—were they frightened, confused, pleased?

The importance of educating children about TV can't be underestimated. In fact, Horace Newcomb, a TV-education specialist at the University of Maryland, says that children should study TV in school so that they will *think* about what they watch rather than merely *react* to it.

Other people and groups are thinking and working along the same lines. In a federally funded project, education and television experts are putting together a curriculum called "Critical Television Viewing Skills," that is aimed at teaching children to analyze and criticize TV. The project is still in the testing stage, but you may want to bring it to the attention of your schools now. (For more information about the project, write to D.W. Bilowit, WNET Education Dept., 356 W. 58th St., New York, N.Y. 10019.)

What are your rights?

Regulating the use of the airwaves is the responsibility of the Federal Communications Commission (FCC). This government agency gives television station owners a three-year renewable license. In return, the stations are obliged to perform as public trustees; they must "serve the needs of the local community," to quote a former FCC commissioner.

Citizens have the right to challenge, in formal legal proceedings before the FCC, the license renewal applications of any television station. Many citizen groups have already done so, alleging, for example, that stations have provided prejudicial or inadequate coverage of activities, subject areas or racial groups in the community. These challenges rarely result in license revocation. Often, however, viewer complaints can be resolved with informal negotiations between station owners and local citizens.

There are other duties that station owners must fulfill. The "fairness doctrine" means that a broadcaster must treat—impartially—"controversial issues of public importance," and must present different sides of such issues within a reasonable time. Stations are also required to study the needs of the community. If they haven't followed this procedure, called "ascertainment," citizens have the right to challenge license renewals.

In the past decade, a growing number of citizens, forming their own media reform groups, have urged stations to invite viewers to express their opinions over the air. Groups have worked to *(continued on page 181)*

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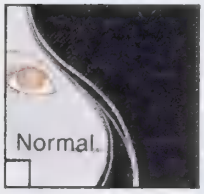
The Butterfly Beauty Quiz™

1) My age group: ☐ 16-19 ☐ 26-32 ☐ 40-49 ☐ 20-25 ☐ 33-39 ☐ 50+

2) My hair type:







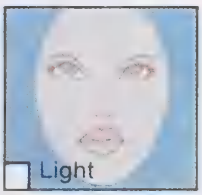


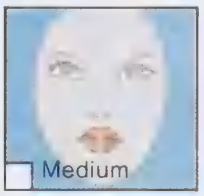
ANNE KLEIN!

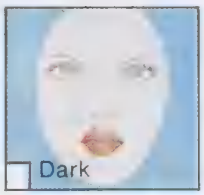
Your Collection includes BLAZER, the fragrance by Anne Klein.

3) My skin tone:







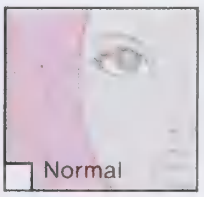




4) My skin type:













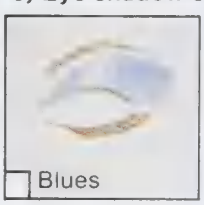
5) My mascara that works best:







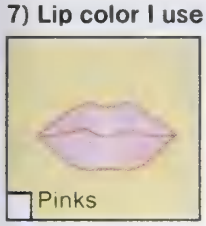
6) Eye shadow colors I prefer (check one):

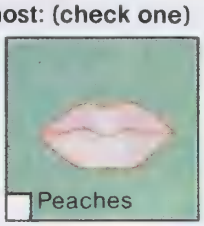


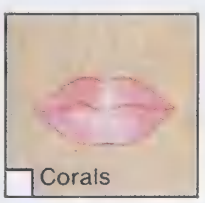


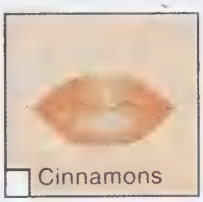


7) Lip color I use most: (check one)

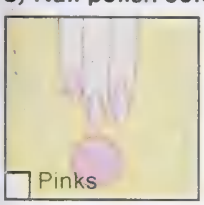






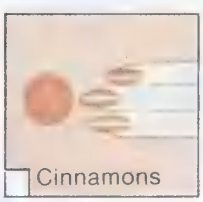


8) Nail polish color I use most: (check one)









☐ Here's my dollar. Please accept my enrollment and send my Face MakeOver Collection … plus FREE enamel Butterfly Pendant . . . plus Metamorphosis™, your beauty instruction guide. I understand that I will receive future Butterfly Collections about every two months, plus—at holiday time—a men's grooming Collection, ideal for gift-giving, for only $6.98 plus shipping and handling. I may return any Collection I don't want, and may cancel at any time after examining my Introductory Collection.

The Butterfly Group® from World of Beauty®
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J188

☐ Mrs.
☐ Miss
☐ Ms. _____
PLEASE PRINT FIRST NAME LAST NAME

Address _____ Apt _____

City _____ State _____ Zip _____

Do you have a telephone? ☐ Yes ☐ No

Limit: One Introductory Collection per Household. All enrollments subject to acceptance by The Butterfly Group

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What will Cover Girls b



Bare Berry!

Cover Girl
Evelyn Kuhn
wearing Melon Frost

vearing this season?

Wild Rose!



DRESS BY BETSY GONZALEZ FOR S. ONATA



Toasted Almond!



SUIT BY CESARANI

Rich Burgundy!



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Rarest Wine! . . . and 16 other Cover Girl colors.

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atever the look, they'll be wearing Cover Girl® Lipsticks. ause Cover Girl's 22 fashion lip colors work with all ay's clothes. With narrow pants. Jaunty hats. Silk shirts. ighter skirts. And Cover Girl's sensational shades are ded with moisturizers. Colors that soften. Colors that e. All to give you that great Cover Girl look.



Can This Marriage Be Saved?

"My Husband Wasn't 'Man Enough' for Me"

Dorothy Cameron Disney

Should a husband help his wife live out her sexual fantasies? Cathy wanted a more aggressive lover—but Howie was unable to satisfy the real-life woman who once had been *his* fantasy.

This case is based on information from the files of the Marriage and Family Institute, a private counseling clinic serving the greater Washington, D.C. area. The true story reported here is drawn from the counselor's report of interviews. Names and other minor details have been changed to conceal identities. The counselor in this month's case was Reverend William M. Baxter, President of the Institute.

CATHY TALKS

"A long time ago, I realized my marriage was unsatisfactory emotionally, sexually, financially and in almost every other way," said Cathy, a 27-year-old mother of two. When she came for counseling, she was already launched on a trial separation from her husband of seven years.

Cathy walked into the office looking very sophisticated, wearing a riding habit and high leather boots, her sleek blond hair pulled back.

"When I first met Howie he was a goal-oriented man who seemed much smarter than I," she said. "He was in graduate school up in Boston and I was an undergraduate at a nearby women's college, very expensive and fashionable but scholastically crummy. I was semi-engaged to a nice, but mentally undistinguished guy named Grant, who was about to volunteer for the Army Medical Corps.

"Howie and Grant shared an off-campus apartment and it was Grant who introduced us. I was attracted to Howie right from the start. He was intensely loyal to Grant, so it wasn't until I had definitely broken my semi-engagement that Howie asked me out.

"Our love affair went like a house on fire. Looking back, it seems to me that our sexual relationship was more than satisfactory in those days, although maybe I was deceived by the excitement and lure of the forbidden. I desperately wanted to marry Howie and, when he proposed, of course I said yes.

"My parents were not overjoyed at my change of heart. They preferred Grant's background, social status and football record to Howie's brains. But I've always been my father's favorite so he soon came around and Mother followed. Daddy's the boss in our family. Howie's parents, ultra-conservative and very religious, were also unenthusiastic about our plans.

"We planned a big wedding, but six weeks before the scheduled date, I discovered I was pregnant and, in a way, our marriage got off to a poor start. Howie postponed writing his dissertation for his advanced degree and, instead, buckled down to job-hunting. When he received a decent offer from a Washington, D.C., electronics company he grabbed it. Of course, I left school.

"My pregnancy was difficult, and delivery was worse. Howie promised to share the responsibilities of caring for our daughter Betsy, and I guess he did his best. But he was fanatically busy, trying to hold down a full-time job and finish the incredibly time-consuming dissertation he had taken up again.

"Often I felt trapped, as though marriage and motherhood had robbed me of every scrap of freedom, even my identity as a human being. Howie was never around and I was half crazed with loneliness. Our sex life dwindled to the vanishing point. After I protested this regimen, he began to lug his books and papers home in the evenings.

"It was about this time, I remember, that Howie somehow learned Grant's address in Vietnam and sent him a cheer-up-buddy greeting card. When he asked me to add a postscript, I smeared a lipstick kiss below his signature.

"At that exact minute, I had my first sexual fantasy about going to bed with a man who was out of my reach. I began to wonder if I would have been happier married to Grant. Then I started to fantasize about having sex with men I passed on the street. It got to be a habit, especially intense when I was teed off at Howie.

"We were living in a one-bedroom, furnished apartment then, and I was the only stay-at-home wife in the building. I was alone a lot because Howie was often away on business trips. When he was finally awarded his degree and got a fairly good raise we were able to enroll Betsy in nursery school and I jubilantly returned to college. A year later I got my B.A. and landed a job editing non-sexist children's books.

"We had barely moved into a new suburban home when our second daughter was born. Daddy sent us another hefty check as a gift. I asked Howie if I should use the money to hire a live-in nurse and return to work or use it to redecorate. As usual, he insisted that it was my decision.

"I thought about it and thought about it and finally decided to redecorate. Howie refused to have anything to do with it, though I often asked his advice.

"I made friends with the other young mothers in the neighborhood. Sometimes they gave parties, which Howie reluctantly attended. He usually sulked in a corner and later complained that I *(continued)*



In 1902, Amy Dwyer thought a packing crate behind her husband's hardware store would serve as the ideal secret smoking place.

Her husband nailed her in the act.

You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.





g "tar," 0.9 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Can This Marriage Be Saved?

continued

flirted too much. One time, after a get-together, I was stupid enough to tell him that the other wives and I would often amuse ourselves by trading fantasies. We imagined what it would be like sleeping with one another's husbands, and we compared sexual techniques and experiences. Then I told him all about my sexual fantasies.

"Howie got very disgusted and said that, as far as he was concerned, I would have to satisfy my 'yearning to be raped' without his help.

"Not long after our anniversary last year," Cathy continued in a tense voice, "Howie got a cable from Grant saying he was flying in and was counting on a hearty welcome from us. We planned a party, inviting all our neighbors.

"Grant arrived three days sooner than expected. That night, Howie was out of town on business. When Grant walked in the door—tall, dark and dazzling in his uniform—my fantasy life suddenly took over and, I guess, he read it in my eyes. He said he was very disappointed at Howie's absence and started to leave but I insisted he stay.

"In no time at all we were embracing on the sofa. The children were upstairs asleep and we were there for a long, long time. Before it was too late one of us—and I'm ashamed to say that it was probably Grant—came to our senses and we broke apart. Grant ran out into the pouring rain for a cab.

"I tried a million times to find the courage to tell Howie what had happened, but I didn't know what to say so I said nothing. That was a big mistake.

"He found out at Grant's welcome-home party. It was late in the evening, just as the guests were leaving, when my next-door neighbor asked Grant how long it took him to find a cab the night of the storm. Howie overheard and I saw his face go white.

"Later on, Howie and I talked about it for hours—we talked in circles. He finally said he wanted to move out to think things over and decide whether our marriage was worth saving. I was stunned. I never dreamed he would leave me and the children.

"Now he says it wasn't my deceitfulness that shattered him. According to Howie, everything about our marriage is wrong. Sometimes he says he wants a divorce and other times he tells me he isn't sure what he wants."

HOWIE'S TURN

"Cathy had a choice between Grant and me and frankly, I couldn't understand why she picked me," said 31-year-old Howie, a tall, gaunt redhead with burning blue eyes. He wore patched, faded jeans that were obviously chosen more for comfort than fashion.

"I played fair with Grant. And I insisted that Cathy consider all the angles and take her time to decide. I never thought I would get Cathy. Grant was born to be a winner; I was not.

"During most of my childhood, I was known as the neighborhood sick boy. My four older brothers were normal, healthy kids. But I almost died of rheumatic fever at ten months and, believe me, I was never allowed to forget it. Until I was six years old and partially rescued by school, I was raised by my mother as if I were as delicate as glass.

"I was a quiet kid, a loner. I concluded early on that everybody in the world considered me too weak, stupid, sickly or inadequate to do anything well. I made up my mind that someday I would fight back. I would prove to my family and everyone else that they were wrong, that I could take care of myself and make my own decisions. By the time I reached college age I had toughened myself physically and had acquired some measure of self-confidence.

"I made no friends, but that didn't bother me. I spent nearly six years at the university, and I seriously doubt whether—in all that time—I ever held a ten minute social conversation with another student, except for Grant. We met at a restaurant (Grant always had dinner there) and he started a conversation. He soon became my first and best friend.

"I saw my best friend as a hero and his girlfriend, Cathy, was my goddess. For a long time she was completely unaware of my admiration. But I'm sure Grant knew how I felt. I sensed their break-up before it happened and I tried to help them patch things up. I even tried to advise Grant. Frankly, I doubt that Cathy and Grant ever really cared for each other in any significant way. I cared about Cathy, and I still do. I love Cathy; she gave me two beautiful daughters. But I seriously question whether I care enough to live with her again. It's just too exhausting and energy depleting, too hard on my ego.

"For seven years I did everything I could to make her happy. For her sake, I messed up my career goals, giving up most of the field work that was required, although I'm now reconciled to my desk job and I'm doing well.

"But Cathy makes me feel as if I'm not earning enough to support her and the girls. Whenever her budget gets too far in the red she simply phones her dad for a supplement, which I thoroughly dislike her to do. It's humiliating. She ought to manage her money better.

"In the past seven years, instead of growing close together, we've grown apart. Our personalities have changed. I matured, she didn't. I learned long ago to grab and enjoy what's possible and to forget what's impossible.

"I try to be supportive of her goals but she's so changeable. Cathy's always dissatisfied and unhappy. When she stays home with the girls she complains that she's not being fulfilled. When she's working, all she does is worry about leaving the kids at home with a sitter.

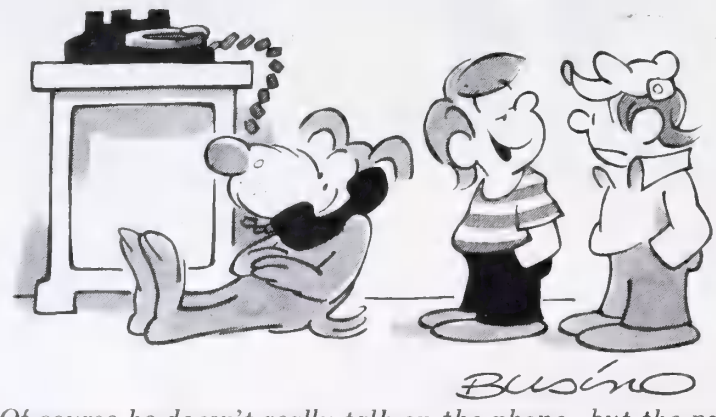
"I don't consider it my responsibility to hand Cathy happiness on a silver platter. Nor am I responsible for transforming her chronic helplessness into strength. I refuse to make every decision for her, as she apparently expects. She ought to grow up and learn how to decide things for herself. I did.

"Many of our differences revolve around sex. I admit her dissatisfaction hurts my ego. I never saw myself as a peerless lover but I assumed we were doing all right until she opened up and began to talk about her fantasy life.

"Rape seems to be a prominent feature in many of her fantasies and, I must admit, I'm not interested in helping her live these out. I get bored or disgusted—sometimes even impotent—just listening.

"I often wonder, since Cathy is so interested in sex, why she doesn't ever take the initiative and try to woo me. She flirts at parties, she's pretty and gregarious, but she's far from being a sexual fireball.

(continued on page 182)



"Of course he doesn't really talk on the phone—but the parrot who calls him does."

The Floral Alphabet
MINIATURE PLATE COLLECTION

IN SOLID STERLING SILVER

Twenty-six delicate and exquisitely detailed silver miniatures...
to enrich your home today...to be treasured through the years.

Subscription deadline:
March 31, 1979.
Limit: One collection per person.

enty-six beautiful little silver flower
tes...one for every letter of the alpha-
. Each a masterpiece of miniaturiza-
n, rich with fine detail. And all of
m, together, forming a gorgeous 'gar-
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This is 'The Floral Alphabet Miniature
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world. *Yours,* at a price of just $14.50
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play shelf...at no additional charge.

Each miniature flower
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afted of solid sterling silver, each tiny
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e of the world's most beautiful flowers.
original sculpture, perfect in every
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ate letter of the alphabet. 'A' for the
er...all the way to the 'Z' of the
nia. And around the rim of the plate
a delicate tracery of intertwined
wers and leaves.

Each plate will be individually *minted* sterling silver by the master craftsmen of The Franklin Mint. For only by minting, from hand-finished dies, can the sculptured image of each beautiful flower be made to stand out in frosted relief against the gleaming polished background.



Plate shown actual size—39mm in diameter

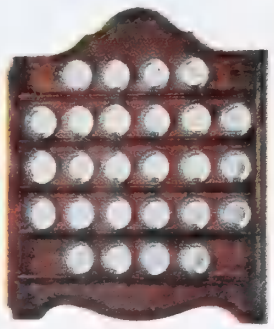
The world's very first collection of miniature silver plates.

The Floral Alphabet Miniature Plates will be issued in a single, strictly limited edition. The plates are available by subscription only, and only as a complete collection. And there is a limit of one collection per subscriber.

The 26 plates will be sent to subscribers at the rate of one each month, and the price of $14.50 per plate is guaranteed for the entire collection. Each set will be accompanied by a special magnifier, and by an elegant hardwood display shelf that will show off these exquisite miniature plates in all their rich and sparkling beauty.

The Floral Alphabet Miniature Plates will bloom within your home forever—in the radiance of precious silver. A treasure to be passed along in years to come, as a prized heirloom, for an appreciative daughter or granddaughter.

Please note that the Subscription Application below must be returned to The Franklin Mint, Franklin Center, Pennsylvania 19091, postmarked by March 31, 1979. The subscription rolls will then be permanently closed and the collection will never be offered again.



This handsome hardwood display shelf is specially designed to house all twenty-six miniature silver plates—one for every letter of the alphabet.



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SUBSCRIPTION APPLICATION

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Must be postmarked by March 31, 1979 • Limit: One collection per subscriber

The Franklin Mint
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Please enter my subscription for 'The Floral Alphabet Miniature Plate Collection', consisting of twenty-six finely crafted sterling silver miniature plates. A handsome hardwood display shelf and a special magnifier will accompany my collection.

I understand that I need send no money now. I will receive my plates at the convenient rate of one per month, starting in May, and will be billed $14.50* for each plate in advance of its shipment.

*Plus my state sales tax

Signature_____
All orders are subject to acceptance

Mr
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Also available in Canada at $19.50. Send orders to The Franklin Mint Canada Ltd., 70 Galaxy Boulevard, Rexdale, Ontario M9W 4Y7.

Spending Your Money

Sylvia Porter

The new reverse mortgages and how they work; new ways to save on college costs and tips on saving money on your straining food budget.

My daughter (who lives in another city) is getting married in May and I want to send her my mother's ring as an engagement gift. You have suggested certified mail as a less expensive way of mailing valuable documents and getting a return receipt. Would this do for a valuable ring?

No. For a valuable ring—which her grandmother's certainly is—registered mail is required. This is an irreplaceable item and warrants the extra cost of $3 plus postage, including $100 of insurance on any article mailed within the U.S. For additional insurance coverage up to $10,000 domestically, the cost will rise. You will get a receipt for your registered package. For 45¢ additional, you also will get a return to prove delivery. For your own peace of mind, it's worth it.

Our daughter, an "A" student and a junior in high school, has been talking a lot recently about taking what she calls Advanced Placement exams to enter college early. Are these exams worthwhile and as respected as she says? Should we spend the fees asked for her to take them?

By all means! And you have no time to waste, for the Advanced Placement exams will be given in May, and high schools across the country are registering students now—in March and in early April—to take them. Advanced Placement examinations can help you slash the cost of college and increase the lifelong earnings potential of your daughter.

Each year more and more high school students take the AP exams to verify their college knowledge in advance. As of now, about 95,000 students in 4,300 schools are taking the tests annually. Satisfactory exam grades earn them course exemptions, college credits, advanced standing or placement at just about every top college and university in the nation. With AP benefits, your daughter could go right on to more challenging courses, enrich and diversify her programs, take double majors, enroll in graduate courses as an undergraduate—all choices greatly enhancing her earning power after graduation.

If she can enter college with some credits for college-level work in high school, this might cut the costs of her college education 12 to 25 percent. If she graduates early and enters the job market ahead of time, this alone could be worth $12,000 or more in her income. For more information about Advanced Placement, write to Advanced Placement Program, Box 300, The College Board, New York, N.Y. 10019. Also ask individual colleges of her choice about their Advanced Placement policies.

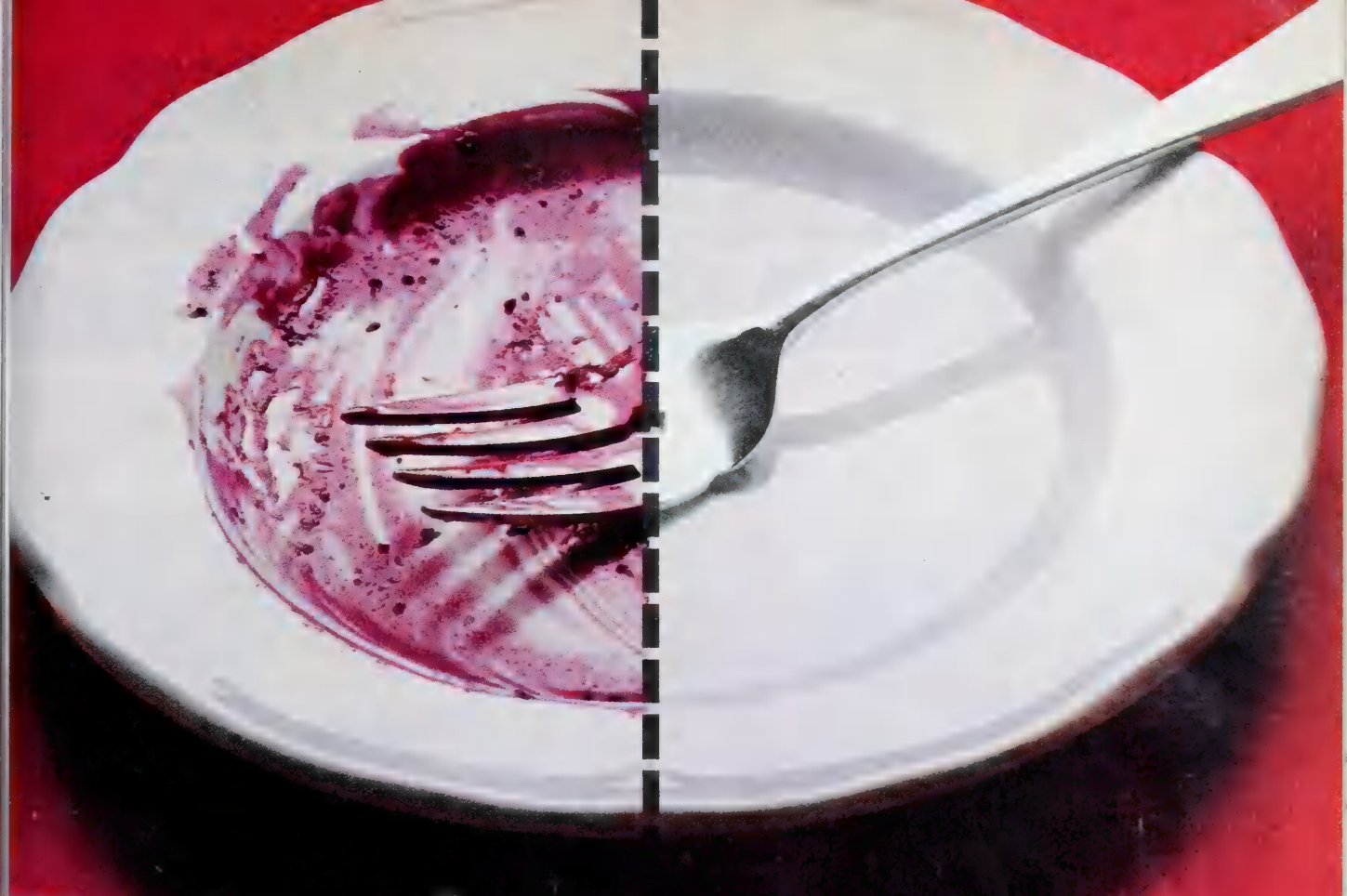
Will you explain in simple language what a "reverse mortgage" is? My parents are planning to retire and would love to realize some cash on the large, mortgage-free home in which I grew up and which is now worth far more than what they paid for it years ago. But they don't want to move. Can they do this with a "reverse mortgage," as a realtor has suggested? I won't let them proceed without understanding what this is all about from an objective, honest expert.

In effect, the so-called reverse mortgage works like this: Your parents retain the right to live in their home, with the lender sending them the loan principal either in one lump sum or a stream of monthly payments. Thus, the reverse mortgage enables them to get back some of the equity in their home without having to move elsewhere.

The concept seems simple and certainly appealing to millions of Americans—but there are so many ways to design these mortgages and they are so new that they pose many legal, tax and regulatory problems for both borrowers and lenders. The problems, however, mostly stem from the novelty and unconventionality of the idea and are by no means unsurmountable.

Among the few reverse mortgage programs actually underway today is that offered by the Broadview Savings & Loan Co. in Cleveland, Ohio. Under Broadview's "Equi-pay Loan," you, a homeowner, may borrow up to 80 percent of your property's value. You are charged the going mortgage rate or ¼% more if you do not live in the home. Broadview sends you, the borrower, monthly payments minus taxes, interest and insurance for five, seven or 10 years, depending on the time period you select. When the loan period ends, you either may sell the home and pay off the remainder of the loan, or the house may be reappraised. If its value has increased, you may get a new loan and payments. A homeowner borrowing $48,000 against a $60,000 home for five years would pay closing costs of about $1,250 and receive nearly $500 in payments each month, estimates Arlo Smith, Broadview vice president and originator of the Broadview plan.

With the planting season creeping up fast, we're planning to try a home garden this year. We don't have very much space, but we're determined to *(continued on page 30)*



Electrasol. Nothing cleans the Dry-Hards better. Nothing at any price.

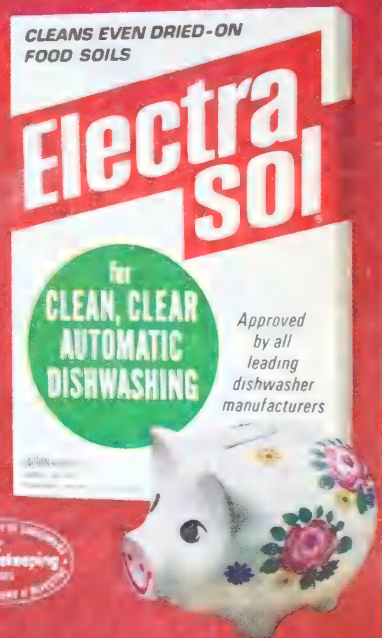
This isn't trick photography.
's the before and after of a Dry-Hard problem solved by Electrasol.
shows how Electrasol cleans those stubborn Dry-Hards: dried-on
ood soils that stick and stick.

First we let blueberry pie dry on a dessert dish overnight.
hen we washed it with Electrasol.

The result? A dish you can be proud of.

And Electrasol's unique formula of cleaning agents does more than
lean the Dry-Hards off the dishes. It helps get glasses and flatware
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Good Housekeeping

"IF YOUR SEWINC
PASS THIS SIMPLE
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1. DOES IT REMEMBER YOUR STITCH PATTERN AT A TOUCH?

Ours does. Only Singer makes *TouchTronic** memory machines. Just touch, and the memory remembers any of up to 27 stitch patterns. You've got to touch them to believe them.

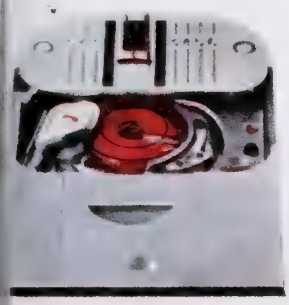


2. CAN IT MEASURE AND MAKE A BUTTONHOLE IN ONE STEP?

Ours can. Four of our machines actually measure your button for you and make a buttonhole to fit – all in one step.

MACHINE CAN'T TEST, TRADE IT IN ON ONE THAT CAN."

-POLLY BERGEN



3. CAN IT WIND ITS OWN BOBBIN?

Ours can. And only ours can. Today, we make four different machines with bobbins that wind right in the machine, with thread right from the needle.

. DOES IT GIVE YOU A NARROW ARM OR SEWING IN TIGHT PLACES JUST Y DROPPING A PANEL?

Ours does. We make four different machines with the exclusive *Flip & Sew** panel. Only Singer makes it this easy to sew where it's hard to reach.

. CAN IT SPEED-BASTE FOR YOU?

Ours can. Speed-basting is just like egular basting, only faster, because you o it on a machine. We make three machines with built-in speed-basting for titches up to two inches long.

. CAN IT HELP YOU THREAD HE NEEDLE?

Ours can. On our newest, the *Touch-ronic* 2001 memory machine, you guide he thread into the wide end of a little funnel. The funnel then guides the thread hrough the eye of the needle. Once again, ou do the easy part. Singer does the hard art.



Polly Bergen is a member of the Singer Board of Directors.

7. DOES IT TELL YOU WHEN YOUR BOBBIN IS RUNNING LOW?

Ours does. Our *TouchTronic* 2001 memory machine has a warning light that flashes to tell you there's only a little thread left on the bobbin, instead of letting you find out the hard way – by running out of bobbin thread in the middle of a seam.

If you answered yes to all seven questions, you already own a *Singer** machine. If you answered no, you're working too hard. Bring us your old machine, and we'll give you a trade-in allowance off the price of a new one.

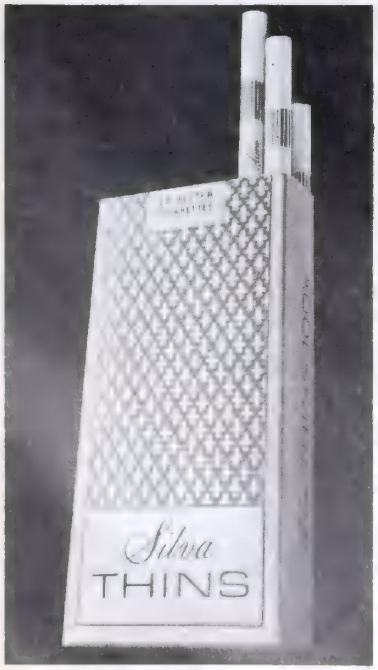
Which means you get easy Singer sewing for an even easier price.

100 MILLION PEOPLE SEW EASIER WITH SINGER.

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Trade-ins optional at participating dealers.



Why I'm a Thinner.



I started smoking Silva Thins for their looks. You know—long, lean, and elegant.

Now they're lower in tar too. Only 12 mg. tar and 1.0 mg. nicotine. Another good reason for being a Thinner.

Silva Thins—some combination. They look and taste great and they're low in tar.

Menthol too.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter and Menthol: 12 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

continued from page 26

experiment, if we can save mo How much can we realistically pect to save by planting our vegetables?

If you're an average family garde you can save more than $350 in v table costs, the non-profit National sociation for Gardening, headquart in Shelborne, Vermont, calculates. It cent study assumed an initial investm of about $20 for seed, plants, fertili etc.; placed the average garden plo 20x30 feet and figured a yield of 500 of the most typically grown vegetal —tomatoes, green beans, onions, cucu bers, peppers, radishes, lettuce, carr squash, beets, cabbage and mi greens.

Your potential savings shrink if y plant a smaller garden, report two ho culturists, Helen E. Connolly of P State and James D. Utinger of O State. Their garden was only 10 x feet, which they felt most property ow ers could easily accommodate in th own backyards. They assumed gard expenses, including tiller rental, soil te ing equipment, seeds and other items, about $48 and figured a yield of 210 l with a retail value of about $90. T saving comes to a mere $42.

Their conclusion: "While it is reco nized that many people like to grow th own vegetables for reasons other th economics, it appears that small veg table gardens won't have a great impa on family food costs."

But you can expect to get maximu returns if you concentrate on crops wi higher market value and those that r quire little use of pesticides and speci equipment. The value of your garde also will be influenced by your garde ing skill, the weather (of course) a your ability to preserve and store yo produce properly.

With food prices heading up s sharply, I'm desperately seekin ways to feed my family adequat protein at the lowest possibl prices. Do you have any suggestion on how I can stretch my food dolla and still give my husband and chil dren enough protein to meet mini mum standards for nutritiou meals?

Dry beans, peanut butter, white bread beef liver, eggs and hamburger, in thi order, provide protein at the lowes prices. On the other side, the agricul tural department stresses that sliced ba con, lamb chops, porterhouse steak an pork sausage, in that order, provide pro tein at the highest prices. Perch an canned sardines are in the middle. Thi listing alone is a major money-saving guide for you. **End**

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An inside report on how many of America's top performers, male and female, are gambling with the law —and their own lives.

Hollywood and movies—the two are inseparable, reflecting each other like mirror images. Opulence, sex and alcoholism are all themes that have frequently appeared on screen and in real life. Now, there's a different mood, a new fad, a pervasive way to fight modern pressures. It's dangerous. It's illegal. But nobody seems to mind. It's the antidote of the moment: drugs.

Just as drug taking has become the subject of such top-grossing movies as *Midnight Express* and *Up in Smoke*, so has it become a way of life for many Hollywood stars. Cocaine, marijuana, pills—drugs of all sorts are as popular as the escapes of old.

Film budgets, it is said, often include anonymous allowances for making drugs available to stars. Talk show guests frequently nurture their volubility with cocaine before going on the air and some celebrities are not only taking drugs, but dealing in them as well. Use of drugs—primarily cocaine—is so extensive in Hollywood and in show business in general, that one insider says of her circle of actors, directors and producers, "I hardly know anyone who doesn't take coke."

While there are certainly many Hollywooders who do abstain—particularly the older, more established crowd—their numbers are dwindling. With some celebrities, cocaine is as normal as coffee. One sometime user compares it to chocolate cake: "You take a bite, put it away, but it's so good you keep coming back for more."

At some Hollywood parties, drugs are consumed as freely as hors d'oeuvres. "It's not possible to have a party without somebody using drugs," says one hostess.

A young producer of movies and television adds, "After some dinners, servants will pass among the guests a salver on which lies a neat pile of coke accompanied by small silver spoons for the guests to sniff from." (This scene was reenacted in Woody Allen's movie, *Annie Hall.*)

"One actor I know keeps the coke in a small sugar bowl. He almost had a cardiac arrest recently when a 'straight' guest, mistaking it for sugar, put a couple of spoonfuls of the drug in his coffee. He got it away from him before he could take a sip.

"At really elegant parties, high-grade pot (marijuana) is rolled in cigarette paper with filters to look like regular cigarettes, and placed beside ashtrays on the table."

Ironically, recent studies indicate that one joint of marijuana produces the same lung inflammation as one pack of cigarettes. Nevertheless, marijuana was long ago assimilated into the Hollywood scene. "Pot is old hat now. People smoke it as openly and commonly as cigarettes," says one character actor. He recently attended a dinner party for 12, after which the guests were served a veritable smorgasbord of drugs, including hashish, pills (amphetamines or barbiturates), amyl nitrate (a prescription stimulant) and cocaine.

Of all the drugs in Hollywood, cocaine is undoubtedly the trendiest. "I dated one of the biggest female stars in Hollywood recently," the actor continues, "and when we got to the car, she dashed back into the house for a sniff of coke. She claims it keeps her weight down and makes her more fun at parties."

A more common use of cocaine is taking it before a game show or interview. Many celebrities believe it intensifies their reactions, and kills on-camera jitters. Talk show host Mike Douglas complains that some of his guests appear stoned—whether on liquor or drugs, he can't tell.

One reason for cocaine's popularity in Hollywood is that in small amounts, unlike other drugs, many people can continue to work on it, and some users even claim to work better. A young actress who recently joined a TV series was amazed to discover that the show's middle-aged star never goes on camera without a sniff of coke, "in order to keep his big, blue eyes clear and sparkling," she says. "A lot of the cast and crew uses it, and we never know how the scenes will turn out."

Derived from the South American coca leaf and once used frequently as a local anesthetic, cocaine will generally produce a feeling of euphoria. "It makes you feel superior to other people," says one user. "It also tends to enhance all your senses and reduce hunger." Hence, its popularity with dieters. Under the influence of coke, some people can go days without sleep. Many actors, directors and writers believe that cocaine makes their thinking more focused, and they also use it to help them work longer hours. While the drug can have different effects on different people, it normally acts as a stimulant. American slaves were supposedly given coca leaves to chew so they would work longer hours and eat less. Many users simply treasure the "high" of coke. Sigmund Freud, the father of psychoanalysis, was a devotee of the drug because of its energizing effects until he witnessed its damaging side effects.

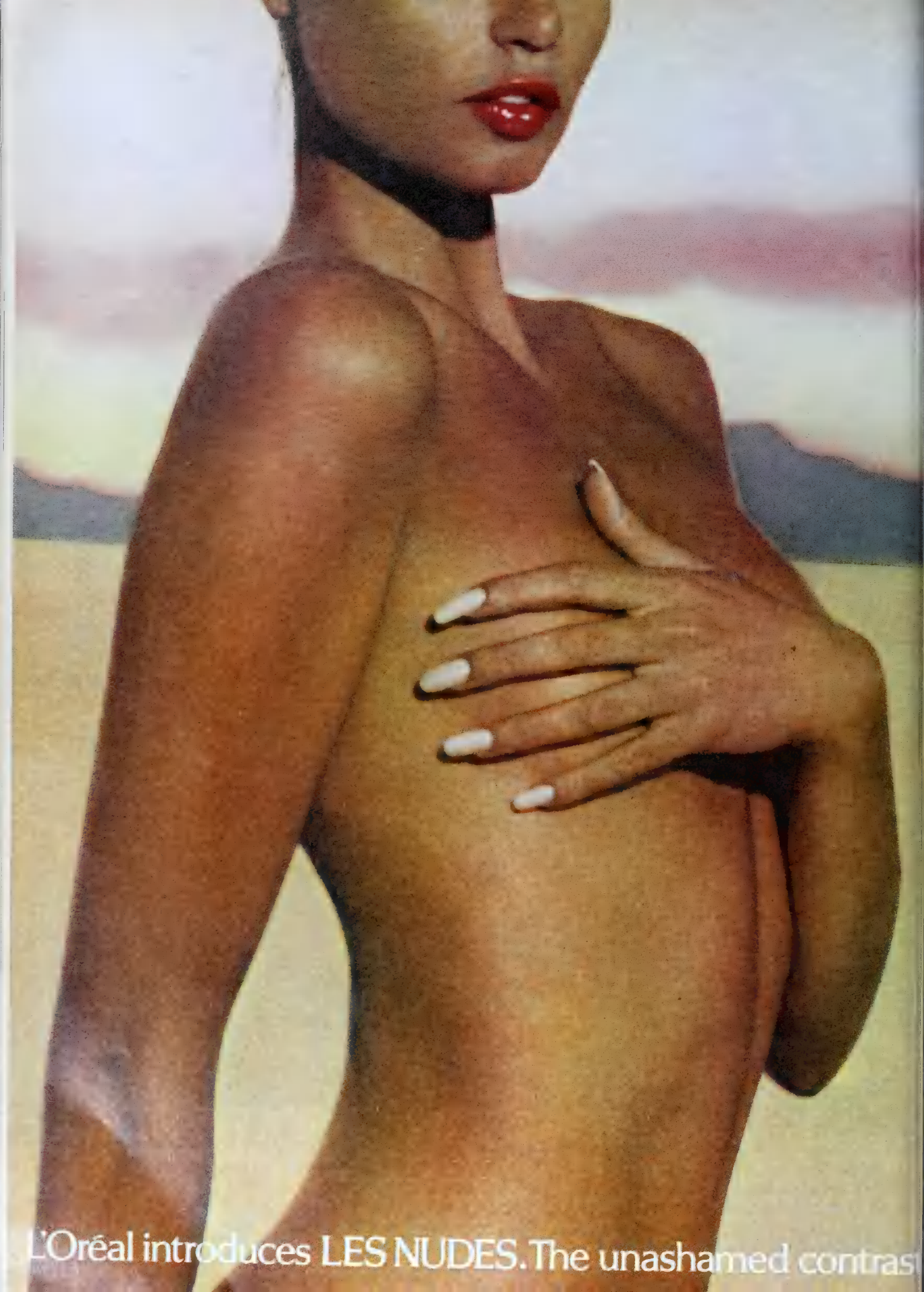
Rituals have evolved around the taking of *(continued on page 157)*

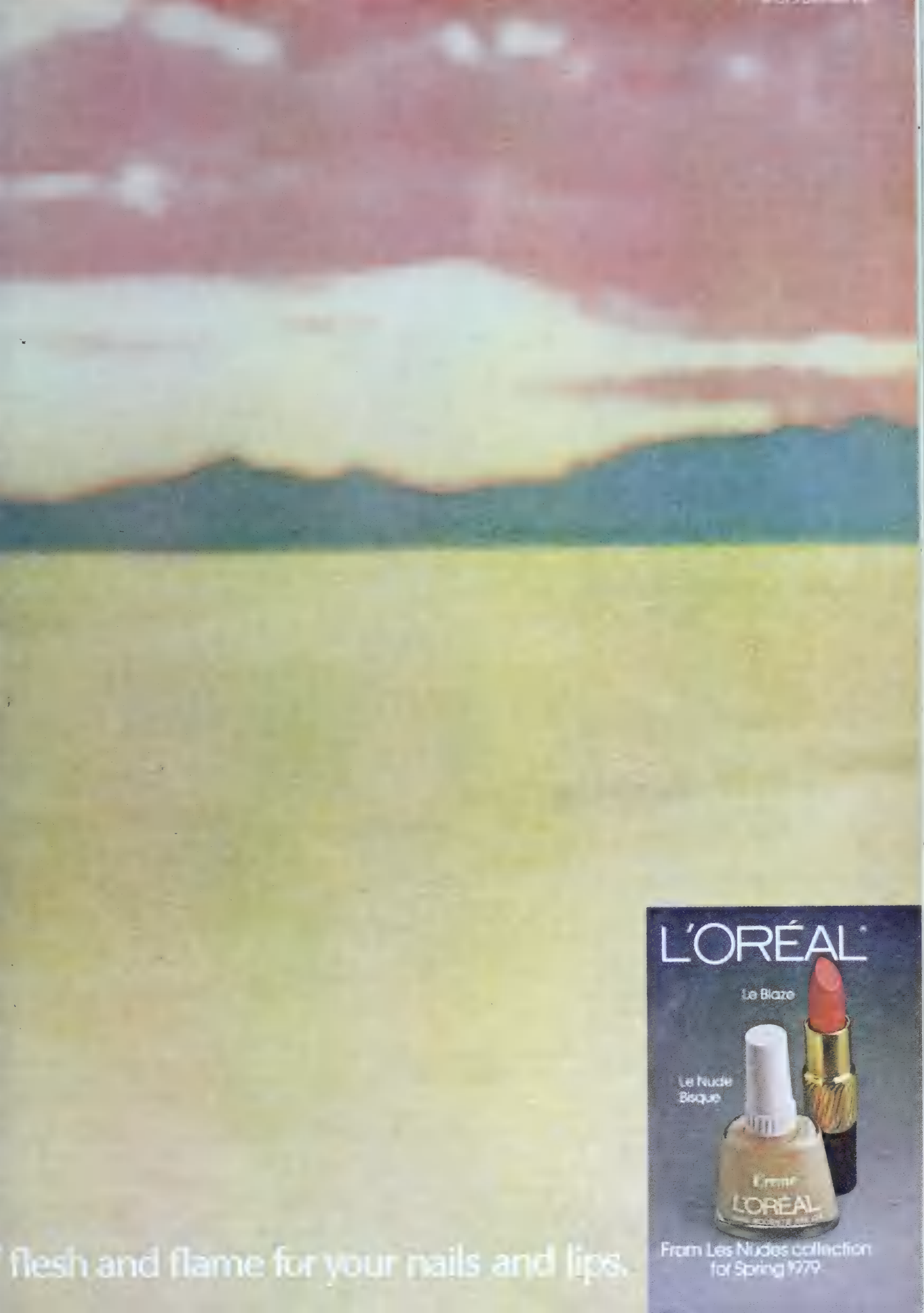


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Enemy at the Gates

The boys looked wild and drunk: out of tomorrow's crime headlines. But Carol opened the door and found some important truths about trust and love and caring. A short story by Barbara Holland.

David Parker, 17, Held on Charges of Assault

Mother, 13, Wins Fight to Keep Baby

Youth, 17, Accused of Rape

Two Killed in Crash
Ellen Anderson, 16, and Patty McCoy, also 16, Dead on Arrival at Harcourt County Hospital

Student Undercover Agents Expose Drug Ring
"Only the Tip of the Iceberg," Says Faculty Spokesman

It's probably a mistake to read the paper at all, thought Carol, dropping it on the floor. I ought to quit it. Read Jane Austen in the evenings instead. Easier to sleep.

From upstairs, little separate sounds came drifting down; notes, each one isolated, repeated over and over, and then several at once. Beth was tuning her guitar. Carol, who was totally unmusical, liked the sounds; they made more sense to her ear than real music. The separate notes floated down the stairs like different-colored leaves falling until, with her eyes shut, she could see them gathering in drifts on the blue carpet at the foot of the stairs, yellow tulip poplar, red and gold maple, brown oak, scarlet dogwood, all made of music. Made by Beth, to float down to her mother.

Presently the sounds stopped, and were replaced by feet on the stairs. "Are you asleep?" said Beth. "I need new strings."

Carol opened her eyes and smiled automatically at her child. Beth was rather a pleasure to even a critical eye, having dark blue eyes and brown-satin hair and skin of the strong, healthy white that reminds one of sailboats rather than moonlight. This skin was a great trouble to her, since it resolutely refused to hold a tan no matter how many hours she lay sweating on a blanket in the buggy grass, face turned to the sky. Even at the beach, Beth stayed white as a gull, or took only a rose flush on the cheekbones, gone by morning.

"You just had new strings," said Carol.

"That was months ago. I need them again. They aren't very expensive," she added hopefully, and dropped to her knees and clasped her hands. "Please? Please, please, dearest and most beautiful and generous of all possible mothers?"

"Hmph," said Carol. "You think mummy's *made* of guitar strings? Trouble with the younger generation, that's all you ever think about, guitar strings, guitar strings, all day long, bringing your old parents' gray hairs in sorrow to the grave."

"Oh, well," said Beth. "You're pretty well washed up anyway. Almost forty, aren't you? You want to live forever?"

Carol raised her eyebrows and squinted threateningly. Privately she thought, what have I done to deserve this child? I can't think of any great personal virtue, or even any genetic virtue, or anything at all I've done in my life to deserve this instead of what other people have. Why do I have this, instead of what I probably really deserve: David Parker, 17, held on charges of assault? Or Patty McCoy, also 16? With *(continued on page 44)*

Illustration by James Barclay

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THE PERFECT BELLPULL

No longer to call Jeeves, the butler, but the perfect size and shape to fill those long, skinny spaces between doorways and windows. Here, we show four styles of pulls to craft in a variety of handiworks, all so simple to make that no detailed instructions are necessary. Decide on length and colors—free your imagination and follow our lead. Right: Soft snowflakes of Persian yarn, bargello stitched on easygoing quickpoint canvas.

Design (right) created by Mira Silverstein.



PULL TRIO

BELOW LEFT: *The arrow points and names names (here, Steven), cut from stencil letters out of multicolor felt. A mix of calicos shows through; also binds the edges.*
CENTER: *The ride of Paul Revere is charted from his home, past the belfry (with a bell) to Old North Church. Simple crewel embroidery and appliqué on homespun. Patriotic trim, tassels.*
RIGHT: *Snappy stripes of grosgrain ribbon sewn down or interwoven. Welting border, a bamboo bangle for hanging.*

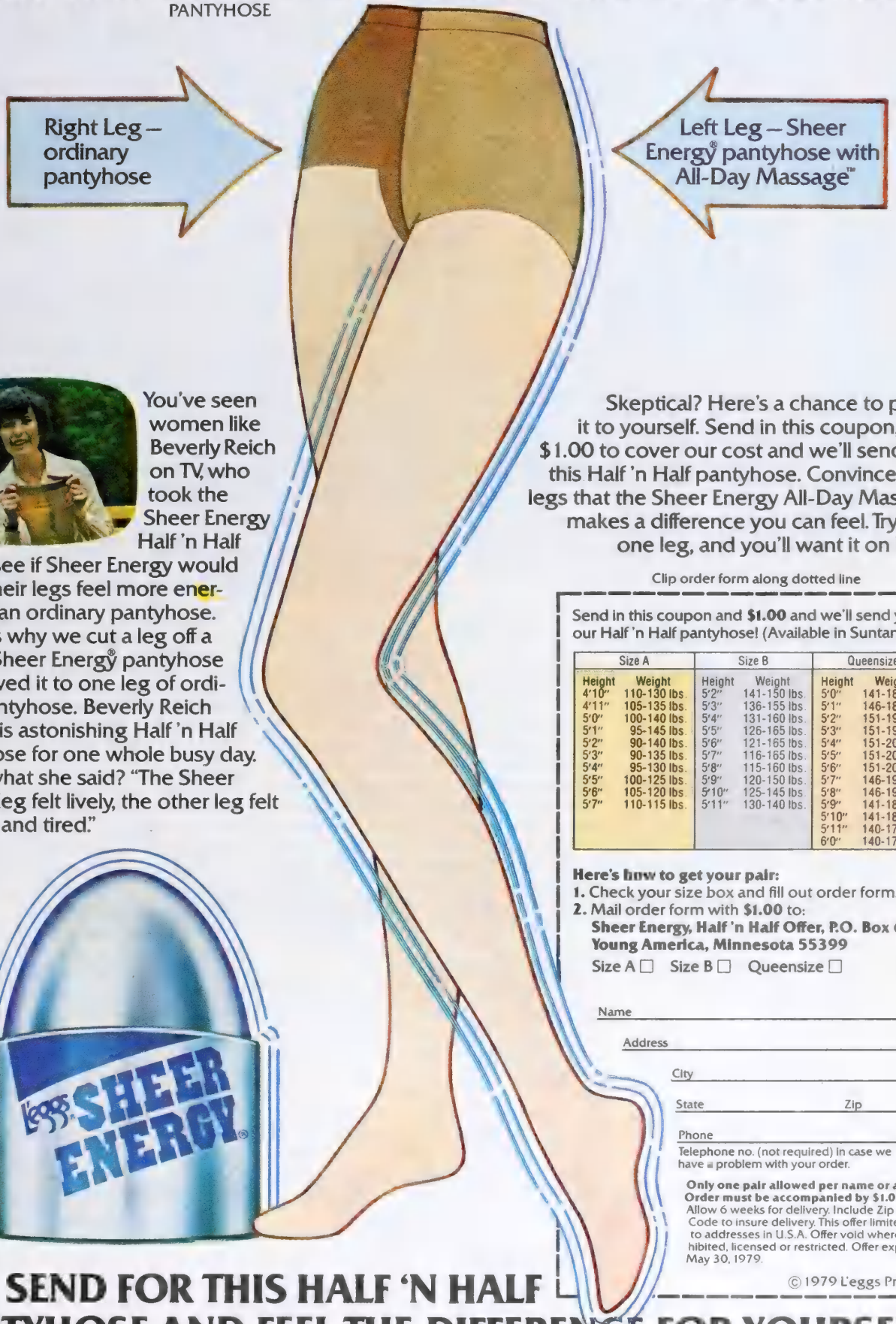
Left and center, created by Glenora Smith; right, by Hilde Liu.



Photograph by Judy Lawne.

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Enemy at the Gates

continued from page 38

her foot, Carol pushed the newspaper part way under the footstool in a protective gesture, as if it was contaminated with plague.

"Forty lashes for impudence," she said.

"No kidding," said Beth, sinking sideways onto the floor, "can we really not afford them? They're only about a quarter apiece."

"If you're going to Baronhurst in the fall, I don't know. How about just one new string?"

"Then I won't go to Baronhurst."

"But I want you to."

"But we can't afford it."

"I'll manage."

"Besides, I don't see what you've got against North High. Everyone I know is going there."

"I don't have anything *against* it, exactly," said Carol cautiously. "Baronhurst's a better school, that's all. And besides, I see in the paper that the kids at North High were smoking so much pot in the bathrooms that they've got them all locked, and you have to go get the key from the principal."

"I bet they smoke pot at Baronhurst, too."

"Maybe," said Carol. "But even so . . ." She sighed. Where can I put my child to be safe for a little while? It was like carrying a candle around in the wind, cupping your hand around it, looking for a quiet place to put it down. At least Baronhurst, being private, was free to expel a child who carried a gun or sold barbiturates to other children; they were not required to keep taking back and pretending to educate any child not yet actually in prison. Probably Baronhurst was a safer place than North High. Carol had a mental picture of a high, high, secret tower, with the inhabitants locked in and heavily barricaded, supplied with food and drink, while outside the plague raged through the valleys.

"Guitar strings?" said Beth.

"Oh, all right. I expect a lot of gratitude, though. It's after ten, shall I make us a cup of tea? Or is it too late?"

"I'll make it. I expect a lot of gratitude, though."

Carol laughed, and leaned back to go over money again in her mind, adding and subtracting in round numbers, chipping some expenses off her life, moving the budget around to resettle itself under new priorities.

From outside, a long slithering squealing noise made them both jump. "Darn that turn," Carol started to say, and then there was a deep, house-jarring thump, and then silence.

"What was *that*?" said Beth.

"Someone hit something." Car opened the door and looked out at th night. It was inky dark and rainin slightly. "Is everyone all right out there she called, to nothing visible.

Silence. Then, finally, a voice, "Yea I think so."

Shivering, she closed the door. ' guess it's okay," she said. "Sounds as they hit the oak tree. Darn that tur there isn't even a sign to say it's dange ous, and now they've gone and gravele it and it's slipperier than ever."

Beth brought the tea in.

There were more sounds outside; starter whining, a door slammed.

Presently there was a knock. Car switched on the outside light. Throug the glass in the door, the face outsid looked wild and distracted; a boy of 1 or 18, with spots. Behind him she coul see two more figures, one of them en tangled in the flowerbed, trying to fin their way to the door.

She opened it slightly.

"Hey, ma'am, listen, we got to us your phone. We can't move the car. W got to get a tow truck."

Mother and Daughter, 14, Raped an Robbed; Youths Flee.

The other two came to the door. On of them, the one from the flowerbe seemed very drunk indeed; his center o gravity kept shifting on *(continued*



The choo-choo that stopped because Mom forgot the fresh box of Crayola crayons.



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Enemy at the Gates

continued

im, and he lurched to find it again. You gonna call Pachowski, Mike? Hey, Mike. You gonna call Pachowski?" "Is okay?" asked the third one. "She let s use the phone?"

The enemy is at the gates. The Goths nd the Visigoths have come pouring own from the hills, and Attila rides at he head of the Huns, all of them with ubs, shouting and beating their ugly unted ponies as they flow across the alley and up to the very gates, and the ates crumple and fall.

"Come in," said Carol, and held the oor open.

They filled the room. They were henacing by reason of their uncoordiated size and bulk, and their confusion. hey blundered around the living room ke large animals, elk maybe, that had ome in by mistake and taken alarm, and ouldn't get back out.

"Hey, my foot hurts," said the drunkst one. "Listen, I bet I broke my foot." he other two seemed soberer, and the rst one, the one called Mike, was angry.

"Somebody oughta do something bout that turn. That turn's *dangerous*," e said bitterly, to Carol. "I wasn't doing ut maybe twenty miles an hour, maybe ot even that much, maybe ten, and I vent out of control on the rocks. I ouldn't hold the car."

"I believe you," said Carol. "You can't ake that turn at twenty. They ought to ave a sign."

Beth had removed herself as far as ossible, to the corner beyond the table, ooking every inch a virgin. Carol shifted er position to stand between her and he visitors. Spare my child.

"You better call Pachowski," said the hird one. She was trying to sort them ut; this one had the most spots. He had lmost infinite spots, visible high up into is thin yellow hair, like an extremely evere case of chicken pox.

"Yeah. Where's the phone at?" said Mike.

The telephone book defeated him, nd he called information, and after two r three tries, and mumbled apologies o wrong numbers, he got the service tation and, presumably, Pachowski. He ried to explain where he was.

"Tell him, if he's coming from Riverton, to take Route 42 north to the first traffic light," said Carol.

"Listen," said Mike to the phone, "you take Route . . ." He looked suddenly tired, vanquished and silently he handed the phone to Carol.

The gesture gave her an uncomfortably motherly feeling. She told the man how to find the house, and he said he would come as soon as he could.

(continued on page 184)



Maybe we should seal our mustard with a cork.

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Beauty Journal

March comes roaring in with scissor tips, a torso toner, plus a springy new hairstyle.

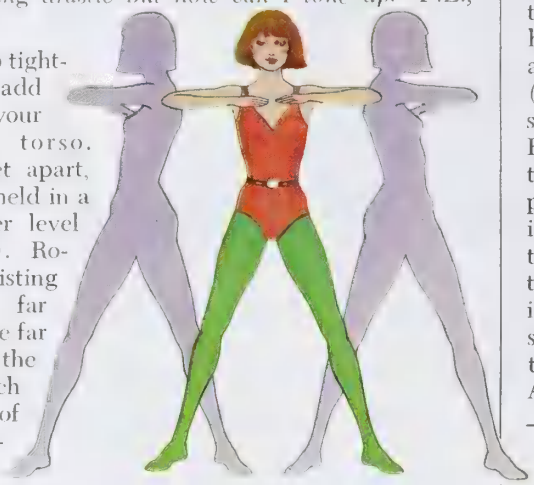
SNIPPITY-SNIP

Scissors are one of those can't-live-without-outs—when you need a certain pair, nothing else will do. Every home should have a wardrobe of scissors. Some for everyday chores, some for personal grooming. Here, our list of absolutes and optionals, depending on your habits. *The Musts.* ▪ Utility Scissors. Handy, all-purpose scissors for almost any small job (trimming threads, cutting ribbon, etc.). • Nail Scissors. Essential for a perfect manicure, pedicure. Slightly curved blades fit smoothly around nails. ▪ Cuticle Scissors. Sharp fine points for delicate handiwork. *Up-To-You.* • Safety Scissors. Terrific if there's a baby in the house. Also fine for his moustache trims. With blunted points, beveled edges. ▪ Barber Shears. Extra long and sharp to clip and cut hair. • Bandage Scissors. To keep in medicine cabinet or first aid kit. Safe cutting with one beveled blade to slip behind bandage, without poking skin. *Sharp as Steel.* To be sure of quality and durability, look for forged cutlery steel. From time to time, a drop of *fine* oil should be applied to the pivot and lightly wiped over blades and handles. Scissors, generally, have a long life—especially if you use them only for their intended purpose. If your scissors dull, find a qualified sharpening expert. At one time, blade sharpeners plied their trade from house to house. Now, look in the Yellow Pages for craftsmen to hone blades, realign points. *Knock Wood.* Superstition about scissors, from *Take Warning* (Charles Scribner's Sons): It's unlucky to pick up a pair you have dropped. Ask someone else to do it. Alone? Stop bad luck by blowing on the blades. Happy cutting!

EXERCISE OF THE MONTH

Q. *Lately I've gotten a real little roll right above my waistline. Nothing drastic but how can I tone up?—F.L., Akron, Ohio*

A. Try this to tighten your midriff, add flexibility to your whole upper torso. Stand with feet apart, arms bent and held in a line at shoulder level (as illustrated). Rotate; first twisting body to the far right, then to the far left. You'll feel the pull and stretch up the sides of your body. Repeat 10 times.



NEW HORIZONS

A bevy of beauty news to brighten up an ofttimes gray month. • Good night, sleep light. A new moisturizing cream does its stuff all night long. Night of Olay, 2 oz., $6. • Blush of innocence—for fair maidens who want a radiant touch of color. Sweetest and sheerest: Shell Pink. Clinique's Colour Rub, ½ oz., $5. ▪ Helpmate for your hair. A spray-on conditioner/setter that works wonders as you blow dry your locks. Calms frizzies, thickens, adds shine. Ogilvie Mist-Mate, 6 oz., $3.25. • Fast-on-the-draw—a fat, wooden pencil of foundation to stroke on for smooth covering, quick touchups. In six shades. Extra Special Pencils by Elizabeth Arden, $6 each. • Magic. One spray and nail polish whooshes away. Brand-new, spray-on foam remover, also conditions cuticles. Spray Nail, 3 oz., $3, at dept. stores. • Hollywood calling. Developed by cinema makeup artists—now, for a glamorous you. Brushes, contour cremes, etc. Redken's Professional Touch pH plus, at salons.

MASTECTOMY—CARING/SHARING

It took the famous—a First Lady, a Rockefeller and a TV personality—to get the hushed subject of mastectomy out in the open. But there's still a degree of confusion on how to handle the post-operative time, period of rehabilitation and now, more than ever, reconstruction. To help: ▪ Encore (YWCA). A program of group exercises and interaction sessions "to build physical and emotional strength." • Reach to Recovery (American Cancer Society). In hospitals. Trained volunteers visit, discuss personal and family problems, teach exercises, give out kits with detailed clothing, prosthesis, information. • A.F.T.E.R. or "Ask a Friend to Explain Reconstruction." A nonprofit center dedicated to the rising trend toward reconstructive surgery. What it is? Who can have it? When? And the cost. They conduct seminars to talk over this safe and sometimes simple operation. Their booklet: "Liking Yourself Again," free from A.F.T.E.R., 99 Park Ave., N.Y., N.Y. 10016.

CHANGE FOR THE BETTER

Q. *About my hair. I'm considering a long-needed change because my four sisters call me "the girl with all-the-hair-everywhere." Since I work at a full-time job and have 2 children, my time is rushed. Wanted: an easier hairstyle for a changing lifestyle.—D.A., Levittown, Pa.*





A. First step, to shorten "all-the-hair." Next, freedom from rolling, setting, even brushing. We suggest that you try a soft fringe of bangs—to cover a rather high forehead and to bring your face in better balance. A light permanent would take advantage of your slight natural wave and eliminate the need for setting. That, plus shorter length would make your new style virtually maintenance-free. Just wash, run fingers through and let it dry naturally.



Border by Julia Noonan. Drawings by Thea Kliros.



I know what is me and what isn't.

Enjoying being single and on-my-own is me. But so is getting married and raising a family.

Being active in my community is me. But so is being interested in my home.

Feeling free and independent is me. But so is depending on someone else.

I wear the fragrance Me! because I've discovered it is me.

Long-lasting and distinctive, but not heavy. Beautiful and soft, but not over-bearing.

It's simply, honestly and completely me.

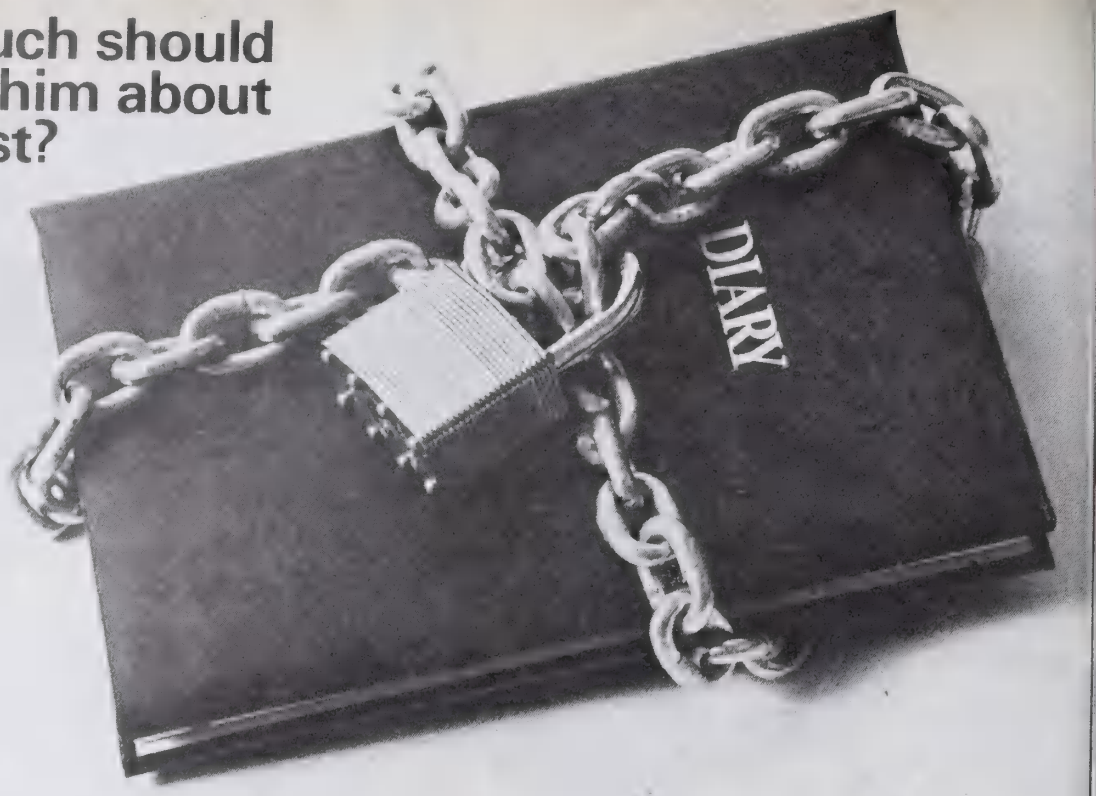
Anita Burkhart, community leader, gourmet cook, sports enthusiast.

Me! For the woman who knows exactly who she is.



coparel PARIS NEW YORK

How much should you tell him about your past?



If you have a Past (even just a little one), should you tell all? Or nothing? Expert advice on how to fascinate your man—without scaring him away. By Elin Schoen

Back in the days before I had a Past, when all I had was a training bra and aspirations, I always let the boys I liked know that other boys liked me. "Gary gave me a chocolate candy bar," I would report to Richie, who had acne (he was an older boy) and was not allowed near chocolate. "Richie let me ride his bicycle," I told Gary, who didn't have a bicycle. I wasn't a nasty kid, you understand. I wasn't trying to promote the seventh-grade version of a duel-to-the-death (Gary sabotaging Richie's bicycle, perhaps). All I was trying to do was to make myself appear as glamorous, exciting and in-demand as possible.

I still try to make myself appear as glamorous, exciting and in-demand as possible. But now that I have a Past, things have gotten a little trickier. Once you have more to look back on than yesterday's chocolate bar, you don't go around blithely divulging your romantic history as you would other aspects of your earlier life, such as your college major. You become aware that to do so might make you appear *too* exciting, glamorous and in-demand.

But before we get into the hows, whens and whats of "true confessions," a few words about *why* we all have a tendency to bring former loves into current affairs. Besides trying to make your insecure self appear more intriguing and appealing, perhaps by stirring up a bit of jealousy, there is the matter of ego-gratification. Most people, given a choice between discussing themselves or 700 other fascinating topics, would rather talk about themselves—and as colorfully as possible. Why discuss great books, after all, when you can be one? Why be just a man and a woman on a date when you can be A Man and A Woman?

But talking about yourself is not only human nature. These days, it's practically a social obligation, one of the many legacies of the sexual revolution, which was, I think, one of the most misunderstood revolutions in the history of the world. Actually, it had very little to do with sex. What it had to do with was talking about sex. Before the sexual revolution, people were undoubtedly doing most of the things they do now. They just weren't talking about it to total strangers at cocktail parties. And, before the sexual revolution, couples undoubtedly discussed their pasts, but it wasn't a matter of such great urgency then. There weren't all those psychologists, self-help book authors, marriage counselors and sex therapists telling us that confession is not only good for the soul but for the relationship. The more you reveal about yourself, goes the current wisdom, the closer you and your mate grow. And vice-versa.

But this isn't always true, as we shall see. While good communication (not to mention good conversation) is vital to a relationship, talking about your past is different than talking about other things. It's riskier than most other topics. How much or how little you tell a man about your past, for example, could actually determine how much or how little you see of him in the future.

What you say about your past, how and when you say it, depends on who the man in your life is, what stage of the relationship you're in, what happened way back then and exactly how current were the events. I'm not being cynical—at least I don't mean to be—I'm merely being realistic.

If, for instance, you tell your husband or lover that you were once involved with so-and-so, it's one thing. If you tell him that so-and-so was a fabulous lover, a kind and generous man who used to shower you with costly presents, you're bound to promote resentment. Think of how you would feel if he kept dredging up the talents and assets of his former girlfriend. Even if she is completely out of the picture, it will probably be painful to hear about his strong attachment to, and high admiration for another woman.

One woman I spoke to, happily married for seven years, told me, "I know that some of the sweet things Richard does for me he must have done for his former wife, too. And maybe he's said the beautiful things he says to me to other women. But I don't want to hear about it. Nor do I burden him with the high points of my previous relationships."

This is not to suggest that the best alternative to honesty

Photograph by Judy Lawne

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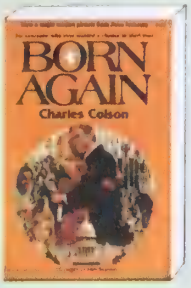
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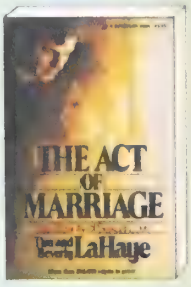




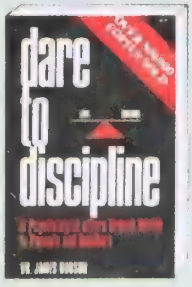


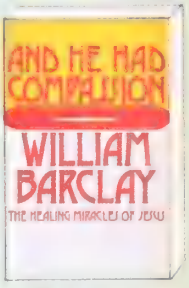




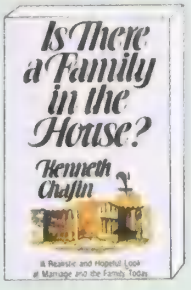


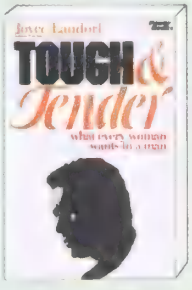






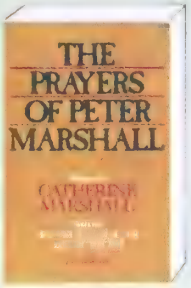


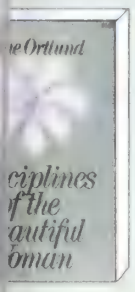


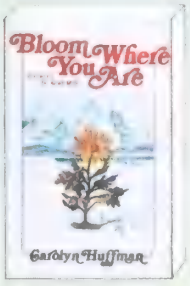












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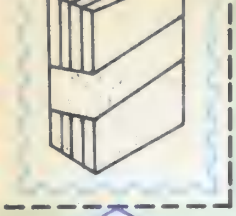
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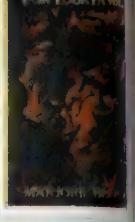


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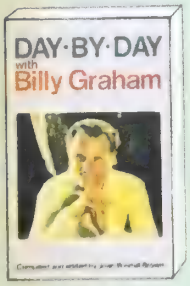
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dishonesty; it's silence. As one woman old me, "Honesty is overrated."

When it comes to playing true confes-ions, I believe the Golden Rule always pplies: Do unto him as you would ave him do unto you. Keeping this in ind, here's a guide to making confes-ions—without making waves.

New friends

What your mother always told you ill applies: Never talk to strangers. ut, now you can bend the rule a little: ever talk *too much* to strangers. Should our date pose direct questions, such as, Have you ever been married?" answer im with a direct "yes" or "no." You ight supply statistical data, if you like, ut there's no need to rush into the nitty-ritty. A simple, "I was married for four ears and have one daughter" will do for first date. Keep information general.

Of course, you should be aware that ven generalizing can be dangerous. A imple, "I've been married five times nd have six kids" might conceivably larm him, no matter how taken he is ith your pert nose and fine mind.

Should he press you for further infor-nation, try to divert him by getting him o talk about *his* past. As any etiquette ook (or your mother) will tell you, be-ng a good listener is the key to being onsidered a brilliant conversationalist nd a charming person. Besides, you ave an advantage if you know more bout him than he knows about you. By he time you get finished listening to his ife story, any doubts you may have had bout when or how or what to tell him bout yourself may be irrelevant. You ay never want to see him again.

Husbands and other old friends

Okay, so you and your date have hit t off. He is now what was once called 'a steady." But don't mistake physical ntimacy for an invitation to tell him hings you've "never told anybody else" (except for your last three boyfriends), or to commit other acts of verbal indis-cretion that you might regret later.

Although it is natural, at moments when you are feeling close to a man, to want to let him in on all your secrets, re-sist the temptation—you might tell him something he would rather not hear.

Molly, an unmarried friend of mine, has had this experience several times. "At tender moments, I'll tell a man any-thing, my wildest experiences," she ad-mitted to me. "Then, if he expresses shock or says 'I wish you hadn't told me that,' I'll laugh and say, 'Oh, I was only joking. How could you believe I'd do a thing like that?' Generally, he'll relax and forget about it. But I guess, in the long run, it could corrode trust. He could secretly be wondering which was true, the story or my denial of it."

In order to avoid being put in this compromising position, you must size up a man, figure out what he really wants to know (as opposed to what he says he wants to know). Degrees of tolerance differ vastly from man to man.

John, for example, is 33 and has been married for a year and a half to a wom-an he has known for nine years. "I wouldn't want a woman who has *really* been around," he told me. "I might be tremendously attracted to a woman who has an exciting history. But I'd have compunctions about having a relation-ship with her. I'd ask her questions, then, the more she told me, the more I'd worry about what she wasn't telling me."

But a lot of men would agree that the ideal woman is the experienced wom-an, one who is not only intriguing but also a terrific sexual partner and an un-derstanding, loving companion. But this does not mean they want to hear a bar-rage of no-holds-barred anecdotes illu-strating exactly how she got to be so wonderful.

When a man really cares, he tends to remember little details that even you have forgotten you told him. "About two years ago," said Barbara, a Los Angeles secretary, "I told my husband Peter that my ex-husband, Max, had given me a Piaget watch, but that I had lost it. The truth is that Max had given me a nice, but cheap, watch. I don't know why I lied to Peter. Anyway, Peter and I were in a jewelry store recently and we saw a Piaget watch. He said, 'Is that like the one Max bought you?' And I said, 'Max

(continued on page 183)



MEALTIME EXPRESS

Quick tips for March meals, thanks to supermarket convenience.



Perk it up with PEANUT BUTTER

Peanut Shake: 1 Tb. PB to milk and vanilla ice cream; whir in blender. • Health Nibble: apple or pear wedges smeared with PB. • Honey-Nut Glaze for pork or chicken: Mix equal amounts PB and honey, spread on meat last 15 minutes of roasting. • Party Spread: Mix PB, grated onion, crumbled bacon, salt/pepper; spread on crackers and party rye. • Mysterious East salad dressing: Mix well—3 Tb. each PB, warm water, soy sauce, salad oil; 2 tsp. each vinegar and sugar; dash garlic salt. Toss with greens. • Banana-Butter Bagel: Split bagel, smear with PB, top with banana slices. • Peanut-Chicken Soup: stir several spoons of PB with milk into cream of chicken soup.

STAR QUICKIE

SOUP-BURGER SPECIAL

To 1 pound ground beef add 1 egg, ⅓ cup bread crumbs. Shape into 4 patties, brown both sides. Pour 1 can condensed beefy-mushroom soup over, cover and simmer 20 minutes. Top with canned French fried onions. Serves 4.

TACO SHELLS... Fill 'em with

scrambled eggs, shredded lettuce, bottled taco sauce. • hot dog (whole or sliced) topped with pork and beans from the can. • 3-bean salad—your own or canned. • coleslaw (from the deli?) and a slice of baloney—as it comes from the package, or fried. • sausage (links or ground) and sauerkraut—both heated briefly—topped with a dab of hot mustard. • guacamole and mixed greens with a scatter of bacon bits. • chicken or ham salad (your own or from the deli counter). • sloppy joes—from the can or your own mix, with an extra dash of hot pepper sauce. • and don't forget the old standbys: canned chili with shredded cheese or refried beans, shredded cheese and green chilies.

Start with a Package of

FROZEN PEAS (10 oz. is the size we use). Vegetable Mélange: Add canned or fresh sliced mushrooms, chopped celery, cook. • Color-Up: To cooked peas, add diced pimiento, sliced ripe olives. • Macaroni-Plus: Prepare a macaroni-cheese dinner, add cooked franks and peas. • Salad Special: Thaw peas (don't cook), toss with sour cream, chopped green onion, crumbled bacon. • Green and White: Cook together the peas and a package of frozen cauliflower in cream sauce. • Nippy Dip: Fill blender container with thawed peas, 3-oz. pack of cream cheese, ½ cup sour cream, 2 Tb. chopped onion, 1 Tb. chopped green chilies; blend smooth; chill; serve. • St. Patrick Soup: Purée in blender two packages thawed peas, ½ cup sour cream, ½ cup chicken broth. Chill. • Peppy Peas: season with chopped fresh or dried mint, or lemon-pepper, or poppy seeds.

Photographs by Bob Bryan

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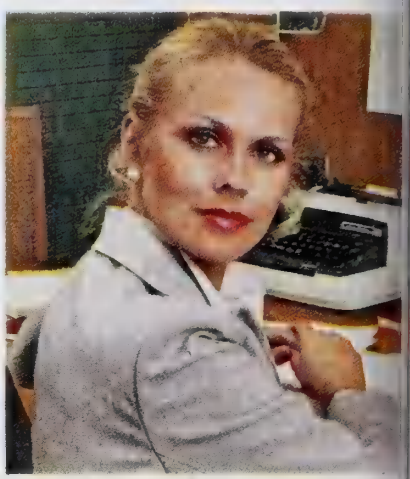


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The Working Woman

The New Etiquette: Telephone Manners

What every woman should know about taming the telephone . . . plus tips on how to talk back to those nasty answering machines. From *The Amy Vanderbilt Complete Book of Etiquette* revised for today by Letitia Baldrige.

An efficient use of the telephone is woven into the fabric of good office manners. There are certain basics all should heed, whether one is chairman of the board of a large corporation or occupies the least important position in the office. Whoever answers the telephone for a business has tremendous power: to help further the company's objectives or to hurt them. When someone calls a company, the voice of the person who answers speaks for the spirit of the firm.

A good telephone voice contains a smile. It is a voice with variety in its expression and tone and one that pronounces words clearly and carefully. Even the choice of one's words is important. Technical jargon and slang are to be avoided. So is over-familiarity.

We should listen to our voices, for we don't really know how we sound to others on the telephone. If a person possesses either a harsh, abrasive voice or one so soft and whispery that others cannot distinguish the words, it may cause a career stalemate, or even a job loss. Whether someone is selling a company and its products or herself, the voice is representative of the good or the bad, magnified many times.

Answering the telephone

Executives as well as secretaries must understand how the telephones are supposed to be answered in their particular office. A lawyer who hangs out her shingle usually wants a conservative image, so that she will inspire the trust and confidence of the older clients. She may instruct her secretary to answer the telephone, "Good morning, Susan Truman's office." A group of young, documentary film-makers might have their telephones answered by a cheery voice that says, "This is the Sunshine Group. Have a *great* day!"

- **Who do you say is calling?** In former days when calling a place of business, one was supposed to say, "This is Mr. Jack Smith calling." Now, one hears in answer to "Who's calling, please?"—"This is Jack Smith," or simply "Jane Teedman." It's abbreviated, but acceptable if one is pressured.
- **Putting people on hold.** If you are in the middle of a conversation and you are responsible for answering another call (even more than one), you should say in an apologetic tone, "Forgive me, I'll put you on hold one minute," and then answer the other call. Finish with the business of the second call immediately. If it cannot be done immediately, say you will call back and take the name and number of the person calling. It is your responsibility to finish with the business of the first caller. Do not forget him or her. There is nothing lonelier than being put on hold seemingly forever; people have been known to change their minds about making a sale of some kind simply because they were left neglected on hold too long. A cheery voice that returns to them every so often, saying, "Please forgive me; I'll be back in one second," makes the waiting easier.
- **When you are not there.** One of the most important parts of telephone manners is the handling of a caller when the employer is not in the office. A secretary should be instructed to answer calls without saying where the employer is. The secretary should say, "Ms. Smith is out of the building on a business appointment," or something similar. It is better for Ms. Smith's clients not to know if she has taken the afternoon off for the opening game of the baseball season. It is the secretary's duty to protect the employer from any possible criticism or misinterpretation of his or her whereabouts.

If an employer wishes to remain at her desk working on something without taking any calls, the secretary should answer the telephone as follows: "No, Ms. Smith is not here. Who is calling, please?" If the caller were asked who was calling and then told that the employer was not in the office, it might leave the caller with the impression that Ms. Smith was talking to certain people but not to the caller.

Messages

- **How to take a message.** There is a give-and-take responsibility on the part of both the giver and the taker of telephone messages. The giver's responsibility is to volunteer all the necessary information himself, without wasting the taker's time. The giver must enunciate properly, so that he or she is understood.

The message-leaver should state: his or her name (first *and* last); the company (if pertinent); the telephone number (area code and extension); the message, briefly stated and to the point.

The message-taker (even if it's a busy executive who happens to wander by a sea of empty desks at lunchtime) has the responsibility for taking a full message. He or she should write it down on a proper piece of paper, not the edge of an envelope or the back of another piece of paper. The person taking down the message should add the time the message was received and his own initials.

- **Always leave a message with the secretary if you can.** Don't be afraid *(continued on page 58)*

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1977, The Procter & Gamble Company



Introducing New Wondra. It rubs right in and takes the day's work right out of your hands.

You scrub. You wax. You do a hard day's work every day. And your hands get rougher, drier, flakier by the minute. Sometimes so rough, so dry, so flaky, it hurts just to look at them. You'd give anything to see them grow soft and smooth again. And with amazing new Wondra, it happens-right before your eyes. New Wondra rubs right in and takes the day's work right out of your hands.

New Wondra is a skin conditioning lotion. It's different: richer, creamier than you expect a lotion to be. But you're in for a surprise: Wondra's richness rubs right in. And takes the day's work right out. Your skin feels young, relaxed, supple in seconds.

And because Wondra heals with richness, not greasiness, there's never that problem of sticky afterfeel. You can even slip right into your clothes right after you rub Wondra in any place on your body. Your hands. Your elbows. Your knees. All the rough spots.

Your whole family will take to new Wondra. It rubs right in and takes the roughness right out of your skin—the day's work right out of your hands.



Available in a light, refreshing scent or for those who prefer no scent, there's unscented Wondra; both in a unique Squeeze Bottle or no-drip locking Pump Dispenser.

Correctol®
the
gentle laxative
so many women
are using today.

Today, more than ever, there's something special about being a woman. You give so much and you do so much. Yet, some days, you don't feel your best because of irregularity.

Then, like so many women today, you take Correctol, the modern, gentle laxative.

Correctol's special formula combines a mild laxative with a softening agent. Its gentle, overnight action helps you feel like yourself again. Read and follow label directions. And next time, try Correctol. The modern, gentle laxative.



Telephone Manners

continued

to discuss your business with an associate of the person you are calling. She is under orders to ask why you want to speak to her boss if she does not know you. A secretary or an assistant could turn out to be your best friend. If you get that person on your side with good manners and cooperation, then your calls will go through. An executive's staff assistant respects someone else's professionalism. The caller who refuses to discuss why he or she is calling, and masks the mission in mystery, gets nowhere. If your reason for calling is complicated, say so, but rough it out for the other person, nonetheless. If the secretary or assistant understands your reasons for speaking to the boss, she will present your request in an affirmative light. And, in returning your call, the boss will already have an idea of what the conversation will be about and will have the necessary information at hand, thus saving time for everyone.

▪ **If you can't leave a message with an associate.** If you feel you cannot leave a message for an executive with his or her secretary, tell the secretary as much as you can and explain why you cannot say more: "I have a personnel matter to discuss that is confidential and also extremely urgent." A good secretary will not press further. The gravity of the call must be communicated to the secretary by the caller.

Executives answering their own telephones

When an executive answers his or her own telephone, either because she chooses to or because a secretary is out to lunch and he or she has to, the executive should mind his or her manners in the way with which the caller is greeted. "Smith" is too abrupt a way to answer; "Smith here" is, too. One should be informative. "Susan Smith speaking" is informative and yet short.

• **Dispensing with a pest.** If you answer your own telephone by choice (and many executives do) you will inevitably receive a fair share each day of unnecessary calls or just plain pest calls—people wanting a job and refusing to go through the regular channels, people complaining because they know you are there to listen or people calling you out of a lack of knowledge of who can solve their particular problem. The second you know you're in the midst of such a call, you should suddenly interrupt your caller, and say in a very apologetic tone of voice: "My staff informs me an emergency call is waiting for me on the other line. Please forgive me, and put in writing the rest of your thoughts." (Or, "Call Sam Jones at this same central number—he will be able to take your call." Sound breathless and apologetic. Don give your caller a chance to say an thing. Just cut him off with a fir "Thank you for calling" and hang u

Telephone conversations

• **Giving a caller one's undivided atte tion.** When you are in the middle of telephone conversation, you should n give orders to others in your office make asides. It is very rude to be carr ing on two conversations at once, on th telephone and with the people presen

• **If disconnected.** If you are disco nected during a telephone conversatio it is the responsibility of the caller t call again, even if the line was broke at the other end. If you are disconnecte on a long-distance call, the person wh made the call should call back the ope ator to report the interruption, and th operator will give a credit on the bi and reconnect. If you are making an im portant business call from a pay tel phone and you don't have any mo change, tell the person you are callin that you are in a booth and give hi or her your number, in case you a disconnected.

Business calls at home

No one should place a business call t another person at his home unless it absolutely necessary. When a man woman returns home at night, that tim is theirs, and it is poor manners to inte rupt these private hours with a busine call. Most calls made to someone's hom can be made just as well the next da If it is imperative to call someone home, make your business short and t the point.

Dealing with an answering service

Small businesses, doctors, people wh work out of their homes, or teachers wh give private lessons are only a few those who use—and need—an answerin service in their home or office. Some times an annoying problem or a ful blooded crisis will occur simply becaus someone can't reach someone else b telephone. An answering service, eithe during the workday or on a 24-hou basis, is an enormous help in avoidin such crises.

The person who uses an answerin service, to simplify his or her life, shoul leave explicit, clear instructions. If ther is a complicated series of names, ad dresses and telephone numbers in volved, he or she should type up a these instructions and send them to th service, so they will have a clear recor of how to reach the client.

A person who calls someone with a answering service should be considerat when the operator answers. The calle should give the operator a lucid mes sage, short and clear.

(continued on page 166)

Our soap has nothing to hide



This is what a bar of Neutrogena® looks like. Nothing fancy. No decorator shapes, swirls of color, room-enveloping perfume, or monograms. Just an unadorned bar of pure amber, so clear you actually can see through it.

But this soap can do more for your sensitive, dry, or touchy skin than the most elaborate cosmetic soaps on the market.

Why? Because Neutrogena is painstakingly formulated to be kind to sensitive skin.

Known irritants are screened out of our formula and its unique, mild, heavy-molecular structure is balanced to permit it to remove surface dirt and makeup *without* penetrating the skin's sub-layers and robbing them of oils and moisture. Unlike so-called "deep-pore" cleansers, it isn't made to de-fat the skin.

When you first try Neutrogena, you'll notice that it dissolves more easily than any soap you've ever used.

That's because it doesn't have hardening agents. And because its special formula makes it liquefy when it meets water so that it rinses off completely. This unique solubility is why we can promise that your face won't feel tight and dry after washing. When you wash with Neutrogena, there's no significant soap residue left on your skin. Your pH balance, then, returns to normal more quickly.

Dermatologists, allergists and plastic surgeons recommend our allergy-tested soap because it does one thing and does it well. It *cleans* your skin effectively, yet mildly, and without irritation, when used properly.

And in a number of medical cases, Neutrogena Soap has been used for cleansing where other soaps could not be tolerated.

What's more, Neutrogena is carefully tested, undergoing many of the tests done for prescription drugs. Its natural ingredients, like beef tallow and coconut oil, meet USDA Food Grade standards. Even astronauts aboard Skylab in outer space used Neutrogena because of its mild, non-irritating qualities. (Imagine an astronaut with a skin rash and you see how important a soap can be.)

Even if you're not an astronaut, whatever your skin condition, Neutrogena has a soap specifically formulated for you. For dry skin, Neutrogena Dry-Skin Soap. For normal sensitive skin, original Neutrogena Soap. For perfume-sensitive skin, Neutrogena Unscented Soap.

In an era when you have a right to be suspicious about the claims products make, our soap has nothing to hide. Try it. Your skin will have nothing to hide, either.



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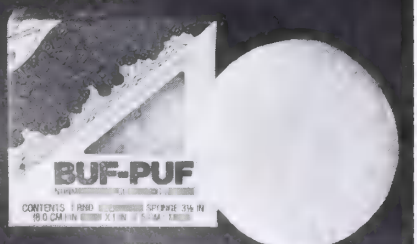
How to reveal younger-looking skin.



Developed by a leading dermatologist, BUF-PUF is a unique nonmedicated cleansing sponge that gently buffs away dirt and dead skin cells as you wash. This mild buffing is called epidermabrasion. It reveals the fresher, moister, more translucent skin layer underneath. So even the cloudiest complexion takes on a new brightness.

BUF-PUF gives your skin a fresh, tingly, alive feeling and a vibrant glow. With BUF-PUF your skin looks and feels softer and smoother ... is nicer to touch.

Available in pharmacies and other stores where health and beauty aids are sold.



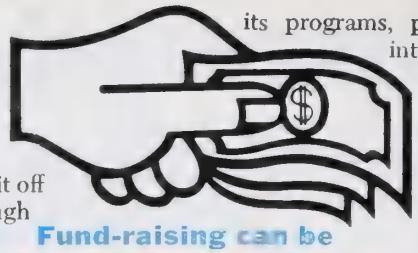
For your face and body

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THE ART OF FUND-RAISIN



Fund-raising can be challenging and exciting—if you know the right steps to take. Here, a veteran fund-raiser shares her experience. By Judy Addington

Do you have an idea or project in mind that might benefit or aid your community? If you've shelved it because you don't know how to finance it, dust it off and reconsider. Although these are days of tight money, there are funds available to those with worthwhile ideas. How can *you* obtain some of those funds? It's all in the art of fund-raising.

Fund-raising can be a challenging and rewarding endeavor—if you know the right steps. Essentially, they include: (1) researching your project, (2) locating the best source of funds and (3) selling your project.

A great deal of research, leg work and salesmanship is a part of every successful search for funds, and you should be armed with a good supply of patience and determination. Today, the competition for grants is stiff. But the money is there, so if you've got a sound idea and the tenacity to see it through, it's well worth the effort.

Researching your project

Your project should attempt to meet a need in your community, such as the lack of facilities for battered women or services for women seeking further education and training. The first step then is to research that need and determine whether your project can fulfill it in a unique way. Find out what the project will entail, the costs involved, the staff you'll need—learn everything about your plan before you start. The local library will prove invaluable here, as will experts in the field you're entering. Through your research, you should learn more about the community's need, why it was previously unmet and whether your idea stands a chance of success.

The extent and quality of your research is crucial to the outcome of your proposal. Before you even begin to write a proposal, you must anticipate any questions funding sources might pose. Why does your community need a women's educational organization? Who will use it? How will it benefit those who do? Be prepared to answer all these questions. Without solid preparation, the rest of your work will prove fruitless.

Locating the best source of funds

Before you apply to an organization or foundation for funds, you should investigate its particular orientation: its programs, priorities, prefere interests and funding terns. Does it individuals, large ganizations or s ones? Every sour different. So, a don't skimp on detective work. T are three basic so to approach for fu private foundati government agen corporate contribu

Foundations: A source of informa on foundation support is the Fou tion Center, an independent, nonp it organization that provides infor tion for the grant-seeking public. T national center is located at 888 enth Avenue, New York, N.Y. 10 but public libraries across the cou carry its regional collections.

Three publications will also aid search: *The Foundation Directory*, *Foundation Grants Index* and *Source Book Profiles*. These are on few of the publications that shoul in your library; if not, contact Foundation Center in New York.

Some foundations publish annua ports which can be an invalu source of information. Most large f dations will send you one on requ and smaller foundations will o make an information sheet availabl fund-seekers.

Three change-oriented foundat particularly geared toward wom projects are: Joint Foundation S port, 1 E. 53rd St., New York, N 10022; Playboy Foundation, 919 Michigan Ave., Chicago, Ill. 606 Vanguard Foundation, 4077 24th San Francisco, Calif. 94118.

Government: Unlike foundations, g ernment agencies usually annou the availability of funds for spec programs and require applicants complete standard forms for each p ect. If you're interested in obtain government money, begin your search with the following publicatio *The Catalog of Federal Domestic sistance*, which describes more t 1,000 federal assistance programs; *Federal Register*, the best source of formation on new programs and th requirements; and *The Comme Business Daily*, which lists current search contracts. All should be av able at your local library.

Specific agencies often provide a tailed description of financial supp so go directly to the agency that see most likely to meet your needs. T Department of Health, Education a

Welfare, Office of Education, for example, publishes a guide to OE-administered programs, outlining types of assistance, available money and how to apply. The guide can be obtained from the U.S. Office of Education, 400 Maryland Ave. S.W., Washington, D.C. 20202. Other agencies interested in women's projects are: U.S. Department of Labor, Women's Bureau, 200 Constitution Ave. N.W., Room S3002, Washington, D.C. 20210; Foundation for the Improvement of Post-Secondary Education (FIPSE), 400 Maryland Ave. S.W., Room 3123, Washington, D.C. 20202; Woman's Educational Equity Program, Office of Education, Federal Office Building #6, 400 Maryland Ave. S.W., Room 2147, Washington, D.C. 20202.

Corporations: Many large corporations fund a variety of projects considered corporate contributions in the public interest. There is no central location for finding these sponsors, so write to individual companies for their annual reports. In addition, you may find helpful information from The Conference Board, 845 Third Avenue, New York, N.Y. 10022; and the Council for Financial Aid to Education, 680 Fifth Ave., New York, N.Y.

Increasing numbers of corporations have become interested in funding women's projects recently. Exxon, for example, encourages studies concerning the changing roles of men and women in society, and alternative jobs for women in industry. They suggest sending a brief letter of inquiry to Exxon Corporate Contributions, 1251 Avenue of the Americas, New York, N.Y. 10020. They will request a full proposal if interested.

General information and aid in securing grants from all sources can be obtained from *The Grantsmanship Center News*, a bimonthly magazine obtainable from Grantsmanship Center, 1015 West Olympic Blvd., Los Angeles, Calif. 90015 for $15 annually. *Getting Your Share: An Introduction to Fundraising* is distributed by the Women's Action Alliance, Inc., 370 Lexington Ave., New York, N.Y. 10017. This group also offers a free proposal critique service over the phone (212-532-8330).

Selling your project

Once you've done your research and have located a potential source of funding, you need to sell your project. In most cases, your proposal should explain what you hope to accomplish and how. It should be well thought out, concise and easy to read. The proposal is your foot in the door, so be sure it's impressive.

A successful proposal usually contains the following elements: (1) a short introduction of the *(continued)*



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FUND-RAISING

continued

project, (2) a concise statement of the project's purpose, (3) an outline of the project's objectives, (4) how you plan to accomplish those objectives, (5) the organization and management of the project, (6) a sound budget (the budget should include provisions for personnel, supplies, equipment, office rent and any other expense you will have, and it should be as accurate as possible—have an expert recheck your figures to ensure that you have included all necessary items) and (7) a realistic time frame.

Although you must impress the funding source with your idea, you must also convince them that it is potentially successful. Is it well thought out? Are your estimates realistic? Are you and your staff committed to carrying out the project? Are the capabilities of those involved of high quality? Is there a good chance of meeting your goals? Barbara Finberg, Program Officer for the Carnegie Corporation, 437 Madison Ave., New York, N.Y. 10022, points out, "We look to see that the idea is sound and that the commitment to the project is based on its own merits. Shape the project around its own unique needs. Do not shape the proposal around the needs of the foundation."

Finally, if you are really serious and enthusiastic about your project and you have done your homework, there's a good chance you will be granted the funds you need. Be prepared for rejection, but keep trying. In the world of fund-raising, it's the persevering fund-seeker who has the greatest chance of success. **End**

LISTENING TO YOU TALK TO SOMEONE ELSE

By Diana Der Hovanessian

I hear the homesickness
you never told me
was untamed
the sound of water
waves returning,
back to sea,
the fall of unpicked grapes.

Listening to you talk
to someone else
I see
long black cedar shadows
of tall women
I have never met.
And in the glass you hold
a landscape stretches
like a vision of the future
bright with grace
where I do not recognize
a single face.

WOMEN TAKING STOCK

Information for the woman investor. By Allan Edwards

Allan Edwards is a businessman with a 30-year record of successful investments in his own behalf. He is now adding the wisdom of the leaders of the top Wall Street companies to his own experience in responding to your questions about the stock market. Questions will be answered as space permits; Mr. Edwards regrets that he cannot respond personally. Send your questions to "Women Taking Stock," Ladies' Home Journal, 641 Lexington Ave., New York, N. Y. 10022.

Dear Mr. Edwards: I am 60 years old and a widow. I have about $75,000 earning bank interest. Is there such a thing as a "safe" stock for investment, where I would earn a greater rate of return in dividends than I get in interest at my savings bank?—Mrs. N.M.R.

Dear Mrs. N.M.R.: Based on your age and the fact that you are a widow, I assume that the income you receive from your $75,000 bank account is essential to your support, and that you cannot afford to risk losing the capital you now have.

On that basis, there is no such thing as a "safe" stock. There are, however, a number of alternatives:

1. Short-term treasury notes maturing in two or three years yielding around seven percent.
2. Long-term, government guaranteed bonds such as Washington Metropolitan Transit Authority, which currently yield around eight percent.
3. High quality corporate or utility bonds currently selling to yield around eight to nine percent (a slight variation of this suggestion would be a bond fund).

The above suggestions counsel investing in bonds. You could, of course, become a little more venturesome and invest a portion of your portfolio in some high-rated preferred stocks where the rate of dividend is fixed and the yield approximates that of corporate and utility bonds.

Although interest rates tend to fluctuate, thereby affecting the value of your investment in bonds on a day-to-day basis, you can minimize some of this risk by opting for a lower rate of return in exchange for a shorter maturity.

You might hedge against inflation by carefully choosing some utility common stocks with a good history of earnings and dividend increases. Current yields are now in the area of eight to nine percent.—*Edward M. Silverstein, President, H.B. Shaine & Co., Inc.*

Dear Mr. Edwards: I have $10,000 in a savings account yielding only six percent. Would I be better off investing in tax-free municipal bonds? Or, is there some better investment I don't know about?—Mrs. S.M.M.

Dear Mrs. S.M.M.: In comparison with your savings account, the major advantage municipal bonds would offer is that you would pay no federal income tax on interest received from them. Municipal bonds are also generally exempt from state taxes in the state in which they are issued.

Your best investment would depend on several factors: your tax bracket, length and amount of investment, your income needs and your investment objectives.

If you need a short-term investment, consider liquid-asset funds. These funds offer small investors high income with dividends declared daily, and liquidity with low minimum investment.

At current rates, income-oriented investors in less than a 36 percent tax bracket should invest in quality corporate bonds and select common stocks. In higher tax brackets, municipal bonds offer the highest after-tax income.—*Jean Patterson, Vice-President, E.F. Hutton & Co., Inc.*

Dear Mr. Edwards: It seems that mutual funds have become more than the purchase and sale of corporate stocks. What does this diversification mean and how does it affect me as a small investor?—Mrs. S.M.B.

Dear Mrs. S.M.B.: You're right. Mutual fund management companies have recently introduced many new funds, including income funds, option income funds, tax-free municipal bond funds and money-market funds.

The advantages of mutual funds are many. You can make investments for income, growth and tax-free dividends—investments from the most conservative to the speculative.

Many companies allow you to switch from one fund to another without charge. A fund can be used as a cash equivalent, as an income investment or as a means of owning stock. And you can change your objectives when you like. In short, you have a totally flexible investment tool.

The Investment Company Institute, 1775 K Street, N.W., Washington, D.C. 20006, can provide you with the names of many mutual fund management companies and help you achieve your objectives.—*Jerome Hardy, President, The Dreyfus Corporation.* **End**

"MY HUSBAND DIDN'T WANT ME TO BUY IT. NOW HE THINKS IT'S HIS."

Betsy Novy, Ridgewood, N.J.

When Betsy Novy wanted to buy a Volvo station wagon, her husband John tried to steer her to something else.

"Buy an American car," he said. "You'll get a bigger engine, a big car ride." (He himself owned a Cadillac Sedan DeVille.)

Mrs. Novy humored him.

"We spent weeks test driving the cars he thought I should have. I was thoroughly unimpressed."

When Mrs. Novy finally did get her husband to test drive a Volvo wagon, he was very surprised. He liked the handling and responsiveness. And even at six-feet, 200 pounds, he found it very comfortable indeed.

"Okay," he told his wife, "if you want it, buy it. After all, it's your car."

"That turned out to be a joke," Mrs. Novy says. "We hadn't had the Volvo wagon a week before he was driving it himself. I'd look out the window and my Volvo would be gone. And his car would still be sitting in the driveway.

"I had a hard time getting him into a Volvo wagon. Now I can't get him out."*

VOLVO

A car you can believe in.

*We're happy to report that things have become a little easier for Mrs. Novy. Mr. Novy recently sold his American car and bought a Volvo 242 GT for himself.

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Washington Behind Open Doors

You may not move in the congressional inner circle in Washington, D. C., but that doesn't mean you can't experience some of the excitement of our nation's capital. This month's travel article (P.S. 10) takes a look at the changing face of Washington, D. C.

What is it like to party at the White House? How good a cook is the Vice President? How glamorous is life in our nation's capital? Two congressmen's wives take you behind the scenes of the world's most powerful city. Here, their first report tells what it is like to be newcomers to Washington, D.C.



Before they went to Washington, **Rhoda Glickman** and **Kate Cavanaugh** distinctly remember thinking that politicians were lofty caricatures, self-styled mannequins who performed only classical duties such as shaking hands and kissing babies. And that their wives were stuffy types in hats and white gloves, far removed from their own generation. They soon learned how wrong they were in November, 1976, when their husbands (both Democrats) were elected congressmen from Kansas and Nebraska.

The first meeting with the other 67 freshmen of the 95th Congress and their spouses shocked them. Where were the old folks, the hats and white gloves? Over half of the members were under the age of 40.

Their preconceived images of these elite members of the "country club on the Hill" quickly disappeared. Over the next two years they found many of their earlier expectations were wrong.

Rhoda Glickman's husband, Daniel, was elected U.S. Congressman from the fourth district of Kansas. From a "normal, routine kind of Midwestern life," the Glickmans were plunged into life in Washington, D.C. Rhoda—then 30 years old—did not get quite what she expected.

"I had pictured the formal House sessions as strict and dull. But my first glimpse of the House of Representatives changed that. It looked more like Romper Room—literally. In the 1950s, Speaker Sam Rayburn began the custom of allowing children 12 and under on the House floor if escorted by a member. During the swearing-in of the new members, as the wives confined to the public gallery watched on helplessly, more than 200 congressional children were let loose on the House floor. Infants cried as the roll call was read. Children raced up and down the aisles as the oath was taken. One member pushed his toddler in a stroller while another bottle-fed his two-month-old daughter. The gavel pounded constantly, but no one minded this total lack of decorum (which reigns more often than you might think). I began to feel very good about government after seeing its human side. So did my nine-year-old son, Jonathan—he felt that keeping score on the bill to give funds to New York City was almost on a par with tabulating the Washington Redskins football game.

"One image I had of life here that did hold true is the flurry of activities that exists. Since most events have political purposes, business is often conducted at what is known as "The-Washington-Dinner-Party"—a blend of power, prestige and palate. It's not unusual to be asked to two or three events every night of the week. At first Danny and I felt obliged to attend every one, from lobbyist groups to alumni events to Chamber of Commerce evenings. I never thought I could get tired of shrimp and crab legs, but I did. We also discovered that nobody really cared if we attended these functions or not. But more importantly, we learned that we couldn't maintain a normal family life if we did attend everything. We now set limits to our outings—we don't go unless a constituent is involved or unless we really want to go.

"And there are few events we really want to go to. The Inaugural Balls—the must-go events of the season, right? Well, we went, only to be crushed by thousands of people in a scene of bedlam fit for a Fellini movie. We had to wait two hours for a cab, but we were lucky—one member spent the entire night in a cab caught in an inaugural traffic jam. We later learned that most experienced politicians throw private parties and catch the balls on TV.

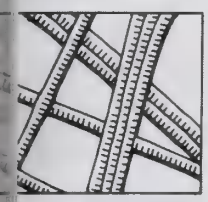
"But surely, when one does attend a D.C. function, one dresses 'right' to avoid a snooty once-over for sporting the wrong pantyhose; much less the wrong cocktail dress, doesn't one? One does not. I feel perfectly comfortable wearing the same simple blouse and skirt or pantsuit three times a week if necessary. In the nation's capital, surprisingly, there is no such thing as dressing 'right.' You can't. If you're invited to a down-home-type chili feast followed immediately by a concert at the Kennedy Center, you can't possibly dress appropriately for both. So you end up wearing what you want.

"And then there is what is known as 'Shaking-Hands-with-the-Nation's-Leaders.' It's exciting but it also makes one feel like Cinderella. By day, I will be doing domestic chores, washing dishes and schlepping the kids around or working at a part-time job, but by night, I might meet Rosalynn Carter, Edward Kennedy or Henry Kissinger. I'm usually cool-headed about it, but I have been caught leaving one slipper behind. Danny and I once attended a party that Walter Mondale threw. Mondale was friendly, fun-loving, charming and warm. I felt so comfortable with him that I forgot he was the Vice President of the United States. I had no hesitation saying anything to him. (He talked mostly about cooking; he's very proud of his fettucine.) A few weeks later, I had to phone his daughter Eleanor to make arrangements for a luncheon we had planned. The phone rang, and the Vice President answered it. I was so shocked that he was answering his own phone that I hung up, too unnerved to speak.

"The impression that fame and power makes is relative. At one White House reception a number of big stars were invited—Elizabeth Taylor, Henry Fonda, Lauren Bacall. I stood in front of Al Pacino in the receiving line for President Carter, whom I had met on several occasions. After *(continued)*

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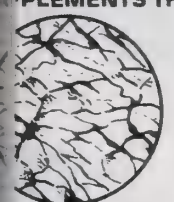


Illustration of
noisturized Skin.

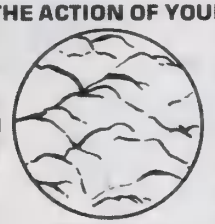


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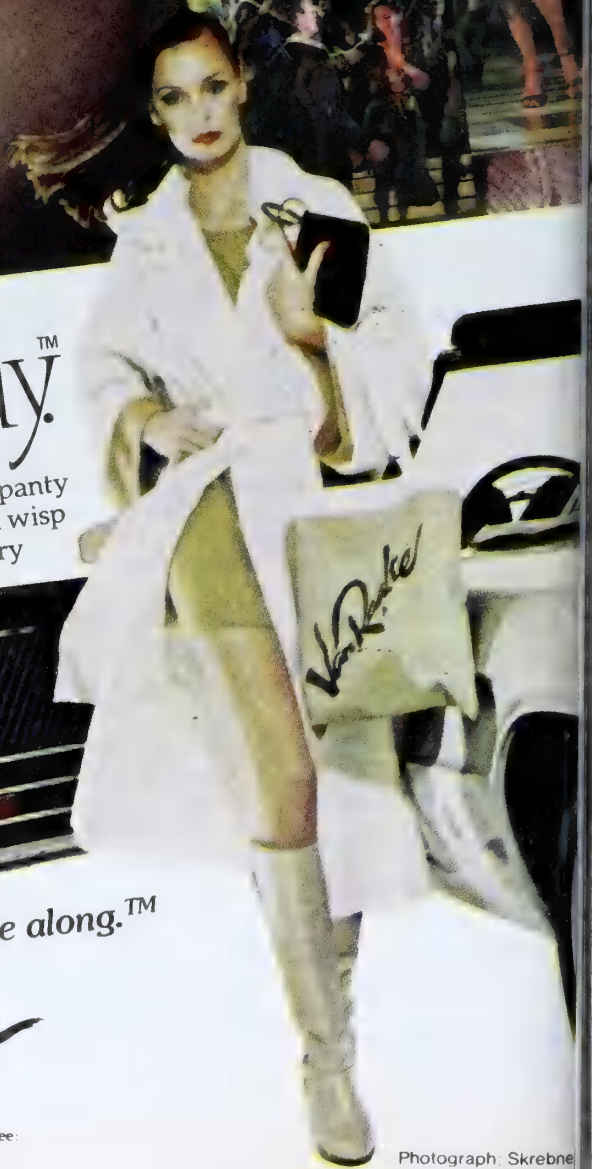
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ASHINGTON
HIND OPEN DOORS
tinued

Pacino shook Carter's hand, the star hed to his girlfriend, Marthe Keller, l said, 'Can you believe it? He knew name.' He was in such awe. Meanile, I was in such awe of Al Pacino t I don't even remember shaking ds with the President.

'Celebrity is so relative that even ave been considered a star of sorts. ne people have come up to me and l, 'You're a congressman's wife? you're so normal!' The funny ng is, most of the time we do lead very normal life, much the same as one we led in Kansas.

'I consider myself an ordinary per- leading an occasional, after-hours raordinary life—meeting people and periencing situations I had previous- only known on TV. But if there's thing I've learned, it's that in per- people are people. It doesn't mat- if they're the president, an ambas- lor or your next-door neighbor. hen you get to know them even a le, the titles dissolve. There are es when I am overwhelmed, lose cool and can't really believe I'm e. But I hope I never get away m that feeling, and I hope my ex- tations are always a little off target hat's when it really becomes fun."

ate Cavanaugh, a 31-year-old ther of three with a fourth child due y day, met Rhoda Glickman during entation week for new congressmen d their families. They've been good ends and car-pooling partners ever ce. Kate, whose husband John had en in the Nebraska state legislature fore being elected to the U.S. House Representatives two years ago, is re of an old hand at the political e. But, as she's still learning, political in the capital is a completely dif- ent animal from the one back home.

For a young couple fresh from Oma- glamour in odd disguises seems to me their way often. Kate was ironing r husband's shirts while he was on e of his frequent ("Too frequent!") ps home, when the White House lled. "You know how Lily Tomlin nds when she plays the operator?" ks Kate. "Well, that was how this man sounded. 'This is the White use calling.' She said they wanted hn to attend a conference on the mp David summit. It occurred to then that my husband was help- g make history while I was doing mething as mundane as ironing."

On another occasion Kate was see- g her husband off at the airport, nen he was paged. "When he came ck from the phone call he said, 'That s the President. He wants me to fly to India with Miss Lillian for the President of India's funeral' [President Ahmed]. And do you know what he told the President? He said, 'Well, I have to ask my wife first.' Of course, I told him to go but I chuckled over him telling the President that.

"When we first came here I thought I'd meet the president, buy a house, meet some new neighbors, take care of my kids and carry on with my system. In many ways, I'm very much the stay-at-home mother—obviously, with three little kids (Patrick, 6; Colleen, 5, and Maureen, 2), I have to be."

But enough surprises keep popping up for Kate to keep the "normal" far from humdrum. "During the swearing-in of new members, my husband took all our children onto the House floor," she says. "John and all our kids are redheads. The press spotted Colleen, who was two years old, with her bright red hair and wearing a kelly green dress, and they went wild. Pictures of my kids were suddenly in *The Washington Post*, *The Washington Star*, *The New York Times*, *Time* and *Newsweek*. We'd only been here for 24 hours and already we had that much publicity! Some people wait their entire lives for something like that to happen. It was a thrill. But I've learned from my husband not to let things like that go to my head. I might have the kids in *Time*, but I still have to do their laundry!"

End



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Washington, D.C. A Tourist's Delight

If you thought Washington was just a politician's town, look again. The nation's capital has come of age and the results are spectacular. By Phyllis Funke

A well-traveled friend was exulting recently about "this fabulous city" she had just visited. When she named Washington, D.C., however, I thought I had misunderstood. Years ago, in my mind's eye, Washington's appeal had tarnished in a wave of civics course field trips and senior class outings.

But that was the point, my friend was saying. Being an adult tourist in America's capital was different from being there as a teen-ager. And, besides, the city had changed.

For too many years D.C. was a metropolitan stepchild of green spaces, august landmarks, lots of government and little else—indeed, in its early days, ambassadors serving there received hardship pay. Today it buzzes with the excitement of cultural creativity, technological progress, urban renewal and a burgeoning nightlife. As a longtime Washingtonian puts it, "Before, this was a hick town. Now, like London or Paris, Washington *seems* like a nation's first city."

Intangibles aside, Washington's dynamism displays itself in its architecture—a slew of structures erected, restored or added to during the last decade or so.

The current talk of the town is the East Building of the National Gallery. Located at the east end of the Mall—that 2¼-mile, edifice-edged stretch of grass between the Capitol and the Lincoln Memorial—the East Building has been universally hailed as a major artistic achievement. Designed to fit a trapezoidal plot of land, it is made up of two triangles joined by an 80-foot high, skylit, triangular court adorned with trees, statuary and a huge, majestically moving mobile that casts moody shadows. The East Building is linked to the National Gallery by a passage with moving walkways, an airy café/buffet and a window-on-a-waterfall. This month, a Grandma Moses exhibit is featured. But the structure alone is an experience in itself.

Washington's recent adventures into art do not stop with the East Building. The Hirshhorn Museum and Sculpture Garden, a doughnut-shaped building with a large courtyard, has also sprung up on the Mall. It houses 19th and 20th century works. A pre-Colombian museum has opened at Dumbarton Oaks, and the Renwick Gallery has been restored as a showcase for American crafts, decorative arts and design.

Plays are again being presented in Ford's Theatre, where Lincoln was assassinated (his attire the night he was shot is displayed on the lower level) and most of the lively arts have been represented at one time or another in the John F. Kennedy Center for the Performing Arts. Indeed, this four-theater building overlooking the Potomac has become a creative incubator, spawning such premieres as Bernstein's *Mass* and Baryshnikov's *The Nutcracker*. On its agenda this month are the New York City Ballet, American Ballet Theatre, a musical entitled *Carmelina* and a play, *The Bedroom Farce*.

Nor has "the other culture"—science—been ignored. One of the Mall's most successful additions is the mammoth, marble National Air and Space Museum. There, boggling the mind with hard-to-imagine reality, are the milestones to the moon—from the plane that flew at Kitty Hawk and the *Spirit of St. Louis* to John Glenn's Mercury capsule and the Apollo 11 command module.

On a less lofty but practical plane, is the sleek new subway system (with cars that glide along almost noiselessly), that connects Washington with its suburbs in Maryland and Virginia. Thirty-one miles of the proposed 100 are now open, of which more than half are above ground, thus, the Metro is a modish means of sight-seeing.

So much for newfangled Washington. The old-fangled one is stirring as well—especially if you approach the White House or the Capitol with the same wide eyes you would turn on the Houses of Parliament or the Parthenon.

You can laugh upon learning that the Washington Monument is two-toned, because an earlier administration ran out of money to buy enough marble. You can mourn upon visiting Arlington National Cemetery. You can appreciate seeing Jefferson's first draft of the Declaration of Independence.

Indeed, Washington is a pulse. Find knowledge at your fingertips with the Library of Congress' do-it-yourself computer. Watch the Bureau of Engraving and Printing make your money. Visit your congressman or senator—though visiting the Peking pandas in the National Zoological Park may be easier.

Because America's first preside wanted to soothe regional passion George Washington ordained that h new country's capital be situated hal way between the North and the Sout Thus, it is within a day's drive of bo Atlanta, Ga., and Boston, Mass. Al within a 600-mile radius are Clevelan Indianapolis, Detroit and Chicago.

In addition, Washington is served b bus, train (into a station designed like Roman bath) and plane. Nationa Washington's domestic airport, is thr and a half miles from downtown and h a Metro stop. Limousine/bus servic from there is $2.75; from Dulles Inte national, $4.25; from Baltimore/Was ington International, $5.00.

Along with the Metro, Washington easily navigated by bus and taxi. Th latter charges by zone, not meter, an may pick up several parties en rout Since Washington suffers from traff jams and parking problems, it is not a visable to drive yourself, at least n during the day. One easy, economic means of sight-seeing is the Nation Park Service-authorized Tourmobil which runs regularly around the Mal the Tidal Basin and Arlington. With one-day ticket, you can get on and off a often as you wish at 17 stops.

Washington's hotel prices, as in an major city, run the gamut. In rece months double rooms in the Distri have ranged from $18 a night to $79 night (with a double at Watergate b ginning at $58); prices in nearby Mar land and Virginia are somewhat lowe Many hotels offer weekend and holida packages that include a meal or two an some sight-seeing. These plans save ap proximately $15 a person. For furthe information, contact your travel agen or the Washington Area Conventio and Visitors Association, 1129 20t Street, N.W., Washington, D.C. 2003 (202) 857-5500.

Though nightlife is on the upswing, recent poll of Washingtonians foun their favorite restaurant to be D.C. most expensive, Le Lion d'Or, with din ners from $35, while they name such formerly fashionable spots as Riv Gauche and Sans Souci (Art Buchwald hangout) as the most overrated, offerin the worst value. For sandwiches, the applauded the Golden Booeymonge

And, yes, the cherry blossoms are als free—but fickle. With the flowers usuall appearing at the end of this month and or the beginning of next, the annua Cherry Blossom Parade has been sched uled for April 7. However, according t those "informed sources" for whic Washington is so famous, the bloom never blossom when you figure they wil

If they do happen to be out when yo arrive, so much the better. If not, neve mind. Washington is, after all, for s many reasons, a capital city for all sea sons. **En**

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BUYING AT AUCTIONS

Auctions are not only for the rich and experienced. You, too, can enjoy an auction's bargains and excitement —if you know what to expect.

By Robert Mehlman

In the last 20 years, Americans have become enthusiastic collectors. Be it Rembrandts or old medicine bottles, everyone seems to be collecting something. And nowhere is the "collecting fever" more noticeable than at auctions. But despite their popularity, auction sales are prey to misconceptions. They are often viewed as dishonest free-for-alls where prices move faster than one's thoughts, or society "events" where none but the wealthy belong. Though both extremes exist, most auction sales are neither. There are auctions for everyone and, in general, they are the most exciting and, frequently, the cheapest places to purchase whatever you collect.

There's nothing very mysterious about auctions. The novice's questions can be easily answered with a basic understanding of the terms and bidding practices used at auctions. There are essentially three types of auction houses in this country. At the top of the list are the internationally famous galleries like Sotheby Parke Bernet and Christie's. Even in these elegant houses with their record-breaking prices, there is a great range of prices in most of their sales, and sales there tend to be specialized (English furniture or American paintings, etc.).

Most auction establishments are much smaller than these two English giants. Because they are smaller, they sell all kinds of things in one sale: undistinguished secondhand items as well as fine antiques. These are the best places to make a "steal," if you know what you're looking for.

At the bottom of the list is the country auction, often held at the old house or farm whose contents are being sold. There are probably ten old bottles and four trunks to each piece of furniture in a typical country sale, but as mos collectors know, these things can h treasures, too.

Auction houses are easy to find. Th classified telephone directory gene ally lists them under "auctioneers and/or "antiques."

Auctions are usually planne well in advance, so a gallery can prob ably provide you with schedules fo two or three months. Local newspa pers often advertise upcoming auctio sales in their classified sections. Re gional publications on antiques are an other good source of information o sales.

Each auction house has its own poli cy on bidding, payment and remova of goods. To avoid inconvenience check each establishment's procedure before going to a sale. Bidding ma simply be a matter of raising you hand and, if successful in getting th piece, filling out a buyer's card afte the hammer goes down. Many auctio houses, however, require advance reg istration. Upon filling out your name address, bank reference, etc., you ar usually given a numbered card or pad dle with which you bid.

Larger auction houses, with ade quate storage facilities, may give yo up to a week to remove your pur chases. But most auctioneers insist tha you remove your purchases within on

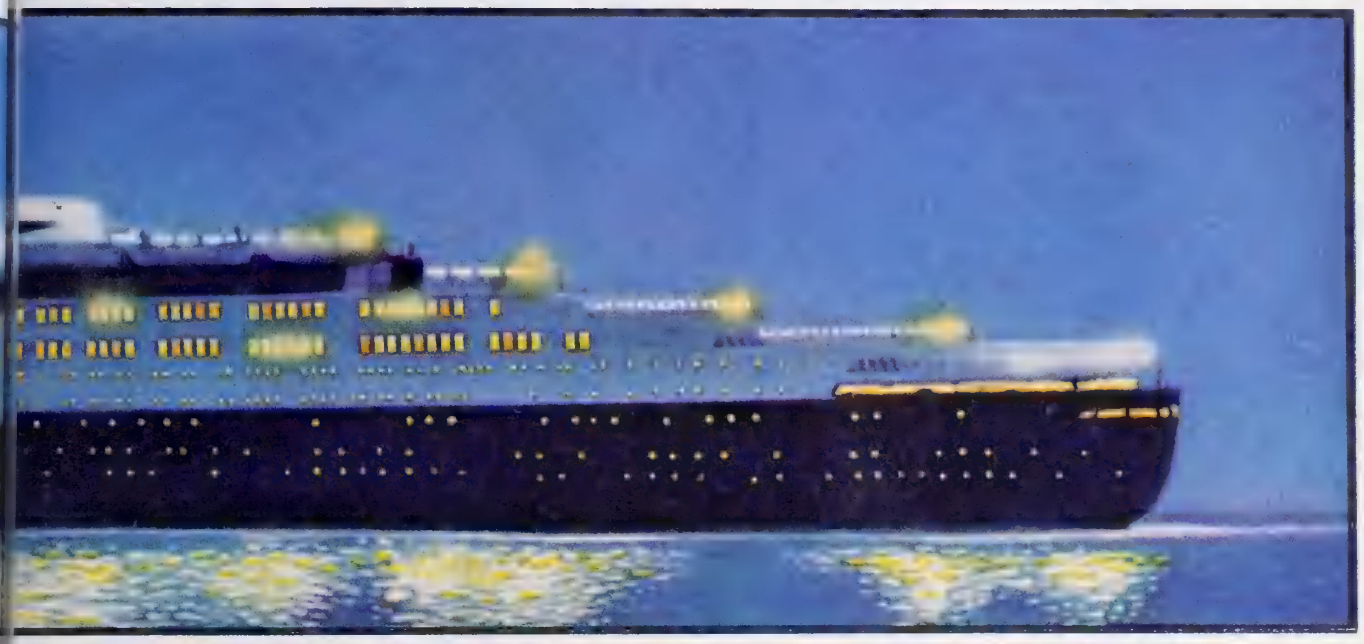
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r two days. In some very small places, ieces must be removed *immediately* fter the sale. Auction houses are never esponsible for delivery or any dam-ges that occur in transit.

Payment policies vary more than nything else in auction galleries. You ust pay in full when picking up your urchases, but some galleries also re-uire payment of perhaps 25 per-ent immediately after the fall of the ammer. Many auctioneers will not ccept checks unless they are certified. nd others accept only cash, especially hen the buyer takes the piece with er.

Regular visits

Auction houses usually give "esti-nates," or ranges of what they expect ach piece to bring. They are general-w based upon what similiar items have rought in the past. Estimates are not rices, but guidelines, and depending n the interest at the sale, many ob-ects sell below or above their esti-nates. Auctioneers will sometimes give igher estimates to stimulate interest, r lower ones to make average sales ook like great successes. Consequent-y, the best estimates are your own. Regular visits to antique dealers will nable you to become familiar with urrent retail prices. But plan to spend ess at an auction—prices are usually lower there. This is because auction houses are a source for antique dealers who have to make a profit on their purchases.

Set a maximum

Once you decide what you think you should spend for a piece, set an absolute maximum to which you are willing to bid, and stick to it. You're more likely to regret spending too much for a piece than letting it go to someone else.

Setting a maximum will prevent you from getting swept up in the excitement of an auction sale, as well as protect you from being a victim of dishonesty. Though most auctioneers are honest, some may employ "shills" to bid the prices up if there is no real competition in the room. Setting a maximum will save you from falling prey to such practices.

There are two occasions when the auction house may legitimately bid against the room. If a bidder cannot be present, he or she may leave an "order bid" with the auctioneer. This permits the house to bid up to a designated amount in the interest of the absentee bidder.

The second case is when the auctioneer bids against a "reserve." When property is consigned to an auction gallery rather than owned outright by the gallery, consignors may request a minimum price below which they do not want an item sold. This undisclosed reserve protects the consignor against heavy losses. If the piece does not meet its reserve, the consignor gets it back and usually pays the auction house a small commission for its efforts.

Reserves are generally placed below the estimated sale price, so while they may seem like unfair barriers, they should not be viewed as major stumbling blocks. Because consignors want their property to sell, and auction houses want to collect full commissions, reserves are usually reasonable.

Carefully examine

Perhaps the most important thing to remember about buying at auctions is *never buy unless you have carefully examined a piece beforehand.* Damages and repairs can greatly affect value, and you should always be aware of exactly what you are buying. Any auction gallery that does not hold presale exhibitions, nor allow handling of objects, should be distrusted.

The fun and excitement of an auction is hard to describe. Whether it's your first or your hundredth sale, the tension during the minutes just before your lot comes up is like going into battle. And collecting at bargain prices is the greatest victory of all! **End**



Rx For The Wardrobe Woes



For all those who have cried, "I have nothing to wear!" while facing a full closet of clothes—some advice from a designer.
By Gloria Vanderbilt

The women I meet and talk with as I travel across the country often ask me about what to wear and how they can develop a unique image.

Those questions, I feel, come not from any lack of fashion knowledge—the newsstands are full of such information—but rather from an insecurity about themselves and how they should look, a hesitancy about expressing themselves. Somehow, all the available fashion expertise conspires to give American women the impression that they cannot trust their own judgments—that outsiders know more about what their images should be than they are themselves.

Without exception, I am certain that each of us can be in touch with what is most pleasing and beautiful about our own appearances. But, too frequently, we listen to other opinions rather than our own.

You have to be your own designer. Look around the rooms in your home and you will see evidence of your own creativity and originality. Your imagination, dreams, memories and organization have surely given the rooms some of their character and flavor. You are their designer.

The same is true of the way you look. You may be short or tall, thin or full, a blonde, brunette or redhead, but you can have a clear sense of what works for you—the dress, the hairdo, the scarf, the perfume that bring you compliments. Listen to yourself, and what you know about your inner self from memory, dreams, fantasy. Then create an outer look that reflects it.

Most of us attach too much mystery to clothes. We let what we are wearing rule us, rather than making what we wear serve as a form of self-expression. What does your wardrobe say about you? And more important, how can you change and supplement your clothes style to bring out more accurate or unexpected aspects of yourself?

Remember there is no one way to look. Your solutions to your problems and your estimate of your advantages are part of your personality. That is where your instinct as a designer can come in handy.

Here are a few suggestions for organizing a fashion style that reflects you:

1. *Analyze how you spend your time.* What you do should play a great part in determining what you wear. Does your wardrobe show what part of your life you value most? If you spend most of your clothes budget on work, for example, but value most your time alone, perhaps you should work out a supportive leisure wardrobe.

How formal is your working situation? Perhaps you are dressing up when the uniform of skirt and jacket could be just as suitable, more practical and save you money. Analyzing your time will put your fashion needs and commitments in better perspective.

2. *Analyze your figure.* How your clothes fit is often the most decisive element in your appearance. If you want to achieve the maximum effect, learn both your defects and your best features. Always emphasize the positive.

3. *Analyze your color sense.* Some colors work for you and others don't. If you live in a sunny area, you may need strong colors to keep from looking washed out by the intense light. Or, if your area is often cloudy and rainy, you may want dark, dramatic colors to accentuate your presence, or bright ones to convey cheer. Artificial lighting, too, can affect what you wear and the makeup you choose. Colors are integral to the image you project; let them work for you.

4. *Make an inventory,* every so often, of the materials in your closet and drawers. Arrange the inventory to see what goes well together. Certain basics are essential—a good skirt, jacket, pants or multiples of these basics if you can afford them. Then, the blouses, shirts and sweaters that make them come alive. Don't be afraid to rearrange a little, to add an element of surprise: the special accessory that gives a distinctive twist, an exclamation point to what you're wearing.

When you've made your inventory, you'll see how much you have and, as you do it regularly, you will realize how much of what you buy is worn only a few times. Each of us has a secret indulgence we need to curb, and a regular inventory can help you shop more realistically.

5. *Make a clothes chart.* Which blouse will go with which skirts? Which shoes? What about your stock of underwear, stockings? Am I spending too much on work clothes?

6. *Make a list of what you need*—in the order of necessity.

7. *Shop early in the season when the selection is best.* August for winter, March for summer. Plan when you'll shop and do it at a time of day when you feel fresh.

Here are some things to think about as you shop:

- Buy items (blouse, belt, even a blazer) that will work with more than one outfit. This will not produce monotony; instead it will expand the scope of what you wear.
- What accessories will create change and excitement with each outfit? What would make the dress uniquely you?
- Be conservative about the basics and then orchestrate the effect. Many outfits should serve more than one purpose.

One of the great fallacies about shopping for clothes is a carry-over from the past, when a new wardrobe was required for each season and there was a much stricter distinction between formal and informal, between sports and business wear. I see no real reason why anyone's wardrobe should necessarily include a long dress or a cocktail dress, for example.

- Don't buy anything unless you feel really comfortable in it—if you don't, you won't get lots of wear from it.
- Don't shop competitively. Just because someone else has bought a certain dress or coat or pair of pants doesn't mean you have to follow along.
- Don't buy anything you don't need or love. Check your list. The money you save on unnecessary purchases will come in handy for things you really want and need later.

Your personality, your size and coloring, what you do and how you live, and what you can spend should be the factors that determine your wardrobe. Your work, your social life and your location are often factors that also should come into play. If you plan carefully, you can do your shopping at one time. Let your choice be dictated by what you need, and your feelings about what items would express you, your life and style best. **End**

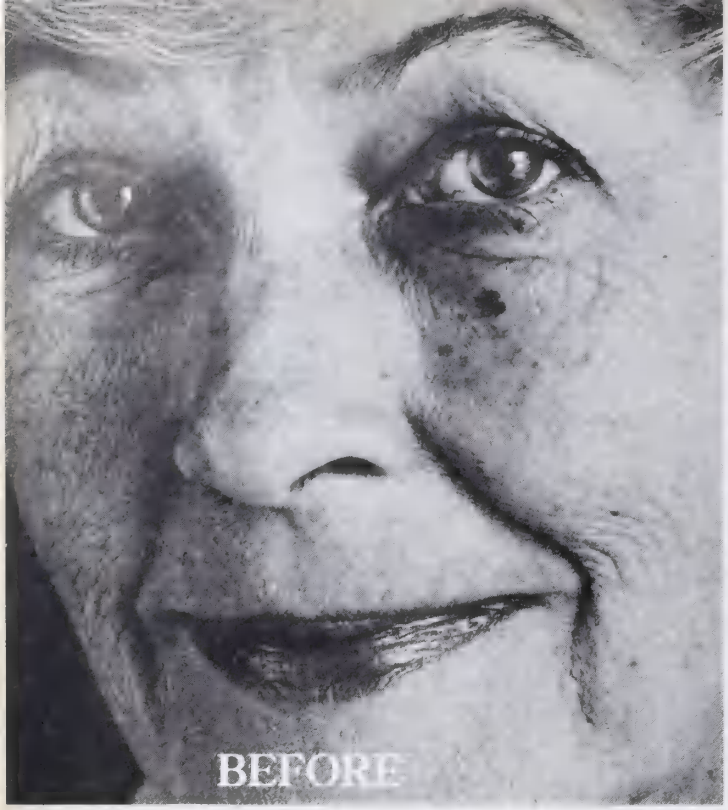
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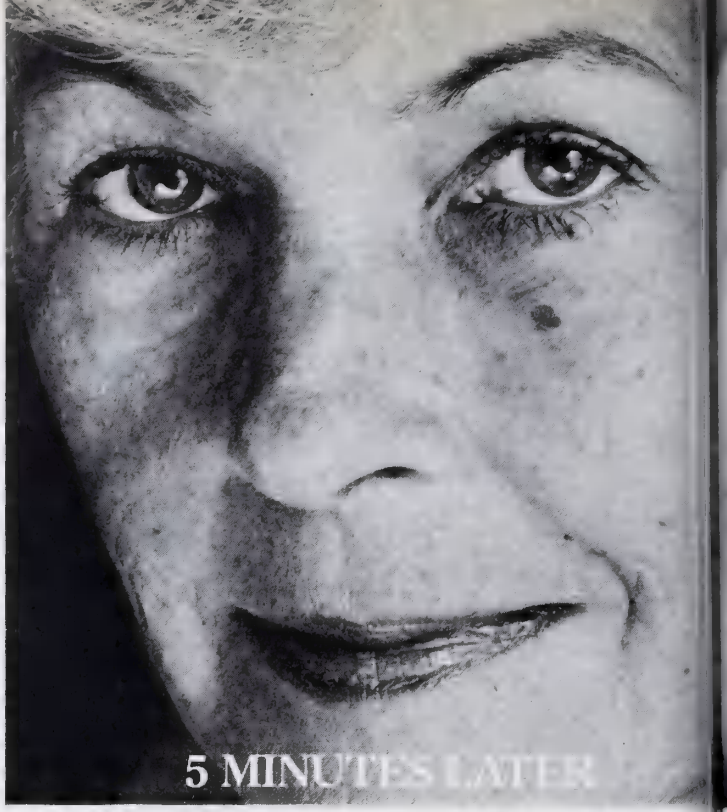


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EXERCISE: WHY SHOULD WE BOTHER?

You may be a sloth but exercise really will make you healthier, prettier and, perhaps, even brighter.

It is easier not to exercise. It is easier to take an elevator than it is to climb the stairs. It is easier to be driven than to walk. It is easier to wait for the next bus than it is to run for the one that is just leaving.

But by taking the easy path you could be sacrificing your health, for the body deteriorates through lack of use. Physiotherapists and physical training instructors have an adage that nicely describes this fundamental truth. "If you don't use it," they say, "you lose it." If we exercise we feel better, eat better and even look better. The reverse is true in all cases if we do not exercise.

Evidence is the feeling of weakness most people experience after an illness that has required a period of bed rest. It is natural enough to ascribe the blame to the illness itself, but the truth of the matter is that you are weak and tired because you have been lying inactive in bed, not just because you have been ill.

What happens is that your body adjusts to the demands you make on it. If you lie in bed for a week, your muscles, heart, lungs and circulation quickly adapt to the situation. Their efficiency decreases drastically because they do not need to be particularly efficient to supply your energy requirements. Even your bone marrow will stop producing so many red blood cells because fewer are being destroyed by activity. When you get up and start moving around, your body cannot immediately readjust to the new demands you are making (it takes the bone marrow about three weeks, for example, to catch up with the normal production of red blood cells), so you feel physically "washed out" until the balance begins to be established once again.

This balance between energy supply and demand can be upset just as radically in the opposite direction. If you have not taken any physical exercise for years and suddenly decide one morning to go on a lengthy run, your body will leave you in no doubt that you have asked too much of organs accustomed to a more sedentary life. Worse, you could place an intolerable strain on your heart.

Lack of exercise affects the working of your body in four main areas: the strength of your muscles; the flexibility of your joints; the efficiency of your heart and lungs, and the circulation of the blood. All of these are interconnected and help produce the side effect that is the most visible result of inactivity—fat.

Muscles become smaller unless they are adequately exercised. Some of them can virtually disappear in a matter of days (like the vastus internus, a pear-shaped muscle in the knee, which will wither to the size of a toothpick after only a week of bed rest). Apart from affecting your physical strength, weak muscles will not pump sufficient blood to adequately exercise the heart.

Flexibility deteriorates as the tendons get shorter, causing contracture of the joints. It becomes difficult to twist and turn the body through a full range of movement. Rounded shoulders and a stooped back prevent the lungs from ventilating properly and restrict oxygen supply to the blood.

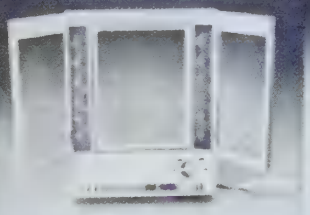
The heart is a muscle like any other and requires exercise to function efficiently. It is a volume organ, which means it has to store blood from the muscles as well as pump *(continued)*

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EXERCISE
continued

blood into the veins. Without the stimulation of physical activity, the heart gets smaller and is put under stress because it is unable to store sufficient blood for a strong contraction. As the heart and lungs work together, the less efficient the heart the less efficient the exchange of oxygen in the lungs.

Circulation of the blood can be severely affected by lack of exercise—tiny vessels in the smaller arteries of the circulatory system tend to close up, increasing the risk of a heart attack or a stroke. Exercise keeps these vessels open, so that if a major artery becomes plugged by fat, the blood can detour through smaller arteries.

Excess fat and cholesterol are formed when your body takes in more calories than it uses. If you consume 2,500 calories a day and only use 2,000, the extra 500 calories will be stored as fat. In about two weeks, you will have put on as much as two pounds (3,500 calories equals one pound, approximately).

The best way to use up excess calories and prevent putting on weight is a combination of diet and a balanced program of exercises. With regular physical activity to burn up most of the excess, you need only make a very small adjustment in your diet in order to balance intake and expenditure.

Coping with stress

So, exercise can help control your weight, strengthen your heart and body and reduce the likelihood of an early death from a heart attack. But why should being physically fit make you feel better emotionally? Or, indeed, why should it help you cope with the stress of modern life?

Although it is far from being proved beyond scientific doubt, most doctors agree that the agent responsible for improving your mental state as you become physically fit is the powerful hormone noradrenaline. It is believed to act as a general stimulant, increasing alertness, reducing fatigue and helping concentration. Excessive amounts of this stimulant can be harmful if not coupled with physical activity, but when balanced by proper exercise, noradrenaline can tone up the body and produce the physical glow and mental tone we associate with good health. **End**

FOR MY DAUGHTERS

By Katie Louchheim

One cannot outgrow daughters,
they surround one with surprises,
like plum blossoms round rough bark,
they hold one, make a wreath.
They are the promise of fruit.

THINKING ABOUT BOOKS

BY

CAROL EISEN RINZLER

Distressed heroines, dark romantic lovers, tragic mysteries. . . there's nothing like a romantic novel to spice up a winter evening.

It doesn't matter whether you're an addict of romantic fiction or whether you're only a sometime reader, there is one thing you can always expect from it—its comforting constancy in an ever-changing world. Many modern novels spin sensational stories that presume to chronicle the realistic—and seamier—side of life. Romantic fiction, on the other hand, is hopelessly and happily rooted in fantasy and fun. The authors are simply content to stir their reader's hearts with characters and tales that prove that love and romance are very much alive and well—and living in historical novels.

Regardless of where its plot takes you, one thing is guaranteed: Daphne always wins her Damon, Jocelyn always succumbs to Justin's charms and that well-born but poverty stricken governess always ends up married to her lord. No matter that Daphne braved storms and tempests before meeting Damon, that Justin appeared to have foully murdered Jocelyn's first love or that that poor governess was decidedly out of the "in" society before being swept off her feet by her Peer—romantic novels are never disappointing.

But while those happy endings may not differ, romantic fiction is beginning to change. Perhaps the heroines have yet to learn of women's liberation, but they aren't quite as clinging, either.

A good example is Alice Cromie's *Lucky to Be Alive?* While the malevolent forces and the dark, brooding, romantic hero are straight from stock, the damsel is more resourceful than she is distressed, and the house is pure Frank Lloyd Wright. As for the plot, it is hardly unique—Tyler Ames, tutoring convalescent Colin Clinton, son of a famous artist, discovers all is not as clear and bright as the colors of Jonathan Clinton's paintings: there is the unsolved death of Colin's mother and mysterious defac ments of the artist's work. But Tyler beguiling, and Mrs. Cromie stirs into t old, familiar brew enough style to mal it seem fresh.

No less up-to-date than Tyler is Sh Garrett (not since Jane Eyre has a r mantic heroine been christened with name not exotic). Shay, one of the he oines of *The Mirror* by Marlys Millhise is about to be married when she loo into the family heirloom mirror, a pouf—she is thrown back 70 years a into her grandmother's body. Simultan ously, her grandmother, Brandy, tossed into Shay's. I grant you it soun contrived, but *The Mirror* is a well-co structed and entertaining novel th shuttles with skill between its two her ines, and the odd mixture of science f tion and Gothic works well.

It works less well in *The Piercing* John Coyne, a kind of *The Exorci* crossed with a Gothic. Here, the heroi is an ignorant, Blue Ridge Mountain g (you don't even get gentle birth, f heaven's sake); the house is a tarpap shack; the hero, while dark and broo ingly romantic, is also a Catholic pries and the malevolent forces send the g into religious ecstasies, one of which bleeding from stigmatic wounds.

The Railway King, by Margaret Ma hew, and *Claudine's Daughter*, by Ros lind Laker, are two books that esche newfangled devices for a lush, 19th-ce tury setting. In *The Railway King*, spirited, young, Quaker lady becom involved with a vulgar-but-dynam Yorkshire man determined to crisscro all of England with railroad tracks. *Claudine's Daughter*, Lucy diCastellon an English orphan born and raised Italy and left penniless at the death her wealthy Italian husband, journeys t England in search of her ancestral hom only to find that none will believe she the lost heiress of the Grange, not eve dark, broodingly romantic Josh Barto

Whatever the competition—self-hel books, racy best sellers, scandalous e posés—romantic fiction will never di Who, after all, would willingly give u the comfort of believing, if only for few hours, that not only is it possible t live happily ever after, but that, realit to the contrary, romance really doe conquer all?

Lucky to Be Alive?, by Alice Cromie Simon and Schuster; $8.95; 31 pages.

The Mirror, by Marlys Millhiser; G.P Putnam's Sons; $10.95; 414 pages.

The Piercing, by John Coyne; G.P. Put nam's Sons; $8.95; 274 pages.

The Railway King, by Margaret May hew; Doubleday and Co.; $8.95; 31 pages.

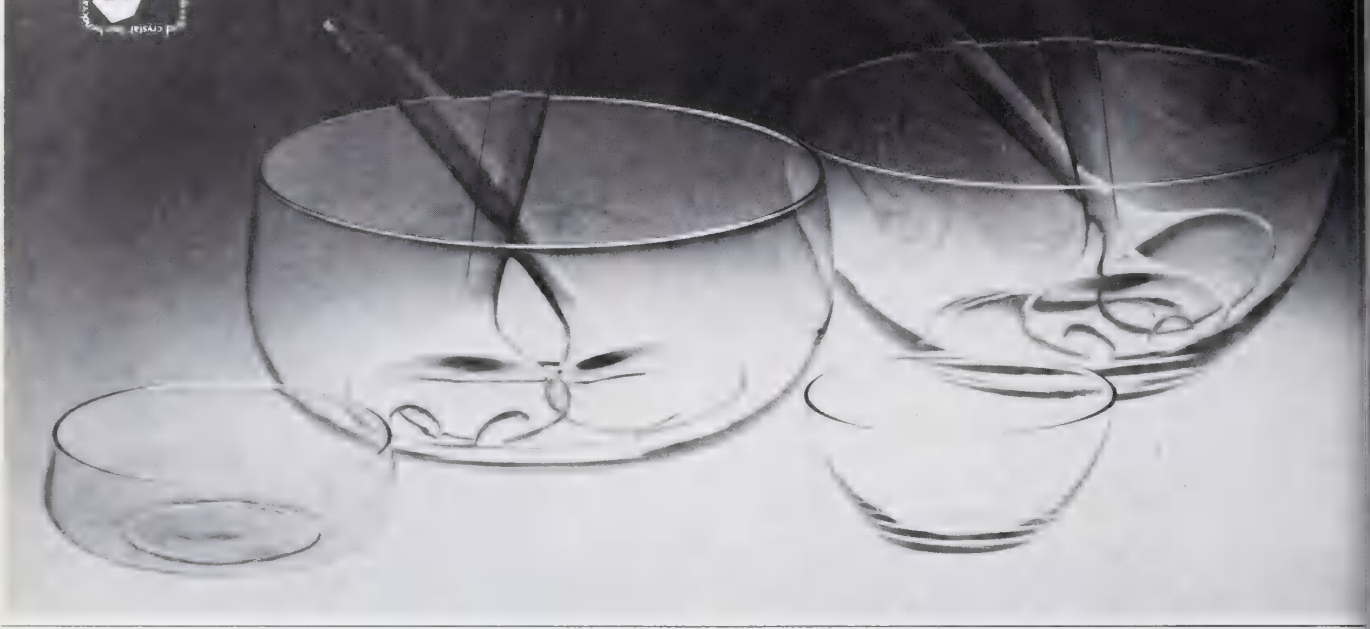
Claudine's Daughter, by Rosalind Lak er; Doubleday and Co.; $10.00; 38 pages. **End**


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These are Givenchy Body Smoothers – so sheer, you will not believe they are support pantyhose.
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The salad is a work of art. The garlic rub. The greens toss. The crouton splash. Who could bury such artistry out in the kitchen. Bring it to the table for all to see. All who came to praise Caesar. In handcrafted crystal bowls by West Virginia Glass.

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BETWEEN PARENT AND TEACHER

Mutual support and understanding between teachers and parents are essential to better education. The informed, concerned parent can make a difference. If you have any questions about your school-age child, his teachers or school, write Mary Susan Miller, Between Parent and Teacher, Ladies' Home Journal, 641 Lexington Avenue, New York, N.Y. 10022. We regret that only those letters selected for publication can be answered.—BY MARY SUSAN MILLER

Dear Mrs. Miller: Do you think it's fair that schools now require students to meet stricter standards to earn their diplomas? Doesn't that mean that a lot of students will never graduate?—R.D.

Dear R.D.: I don't call the new requirements strict, I call them realistic. And I think they are a lot fairer then presenting a student with a high school diploma that has no meaning. We do not help a young person by pretending he has learned; we only help him by enabling him to really learn. If the high school diploma becomes something more than a worthless piece of paper, maybe our educators will begin to educate.

It is high time the schools established standards for graduation. But they must also use every modern method of teaching to enable the students to meet those standards, and admit failure when some students don't meet them.

We should not let them erase that failure by lowering standards and giving meaningless diplomas. We should insist they devise new teaching methods that enable all students to learn and graduate.

Dear. Mrs. Miller: Our daughter, a senior, hates high school and says she is going to drop out. We know she means it and feel as if this is the end of the world. Is there anything we can do?—Mrs. E.R.

Dear Mrs. E.R.: First of all, relax. You, your daughter and the world will survive. A hiatus from school or college can be a constructive experience. Think of it that way and discuss the alternatives with your daughter. Does she want to stay home and work? Let her pick up her own expenses. Does she want to travel? Let her earn her own way. Does she want to study on her own? (I know a girl who stayed home and read every Russian novel in translation.) Try to work out an independent study arrangement with the school. If she simply wants to sleep late and watch television, let her do so for a prearranged perio of time, and then have her pay he way. Your daughter is obviously goin through a difficult time. Don't alienat her by closing your eyes to alternative And don't lose her by issuing an ult matum.

Dear Mrs. Miller: Our son is in kinde garten. He is the aggressive child pa ents and teachers complain about. H hits and kicks the other children an breaks their toys. Nothing we or h teacher do stops him. Please hel —J. & D.T.

Dear J. & D.T.: Aggressive behavio such as you describe is often an outwar sign of stress within a child. Analyz his situation and see if you can pinpoi stress-causing factors. Is he over-com peting with siblings? Does he feel h must strive to win your approval? Ha there been a recent change within th family—a new baby, death, divorce Does he witness family fights? How his health? Is he small for his age? I his diet sensible and balanced? Does h have difficulty learning?

Take the pressure off any stressfu areas and ask his teacher to do the same Talk with the school guidance counselo or psychologist if his aggressiveness doe not lessen within a few months. Testin may be the way to find the cause of hi behavior. En

HOW THEY SEE IT

Famous authors share their wit and wisdom on a subject that's close to all of us.

COMMON SENSE

Common sense is, of all kinds, the ost uncommon.—It implies good judg- ent, sound discretion and true and actical wisdom applied to common e.—*Tryon Edwards.*

Fine sense, and exalted sense, are not lf as useful as common sense.—There e forty men of wit to one man of nse.—He that will carry nothing about m but gold, will be every day at a ss for readier change.—*Pope.*

To act with common sense according the moment, is the best wisdom I ow; and the best philosophy is to do e's duties, take the world as it comes, bmit respectfully to one's lot; bless the odness that has given us so much ppiness with it, whatever it is; and spise affectation.—*Walpole.*

Common sense is the knack of seeing ings as they are, and doing things as ey ought to be done.—*C. E. Stowe.*

"Knowledge, without common sense," ys Lee, is "folly; without method, it is aste; without kindness, it is fanati- sm; without religion, it is death." But th common sense, it is wisdom; with ethod, it is power; with charity, it is neficence; with religion, it is virtue, d life, and peace.—*Farrar.*

If a man can have only one kind of nse, let him have common sense.—If has that and uncommon sense too, is not far from genius.—*H. W. eecher.*

He was one of those men who possess nost every gift, except the gift of the wer to use them.—*C. Kingsley.*

The crown of all faculties is common nse.—It is not enough to do the right ing, it must be done at the right time d place.—Talent knows what to do; t knows when and how to do it.—*W. atthews.*

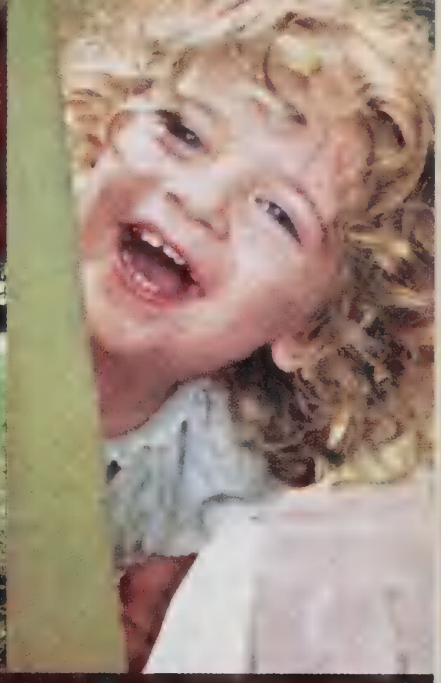
No man is quite sane. Each has a vein folly in his composition—a slight de- mination of blood to the head, to ke sure of holding him hard to some e point which he has taken to heart.— *nerson.*

If common sense has not the brillian- of the sun, it has the fixity of the stars. *Caballero.*

One pound of learning requires ten unds of common sense to apply it.— *rsian Proverb.* **End**

m THE NEW DICTIONARY OF THOUGHTS, originally npiled by Tryon Edwards, D.D. Used by permission of ubleday & Company, Inc.





Emmy at two. I can't believe how fast she grew!

Children grow up in the wink of an eye. Sometimes, it's hard to believe the time goes so fast until you look at your pictures. So it's important that when your camera comes out, it can do the job right.

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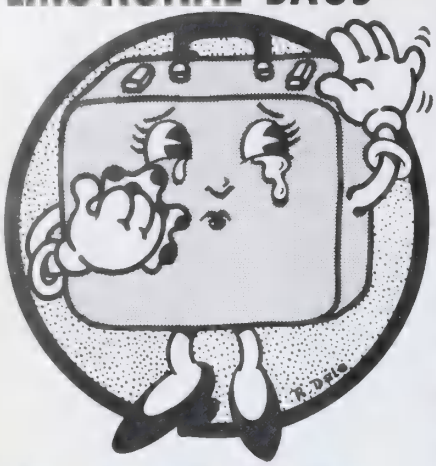
Best of all, the G-III 17 is fast enough to capture the most fidgety two year old. *Before* she grows up!



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PACKING THOSE EMOTIONAL BAGS



If your neighborhood suddenly becomes dear —chances are you're relocating. By Pam Hait

Suddenly I cared about crazy things like the sign on the freeway announcing our exit. I found myself saying a tender good-bye to a chain drugstore and staring at grocery aisles certain that another supermarket would never be as familiar. I even paced our apartment nostalgically. The "last time" peppered my every sentence. Eventually my husband tired of my histrionics and reminded me we weren't leaving the world—just Chicago.

That move was over ten years ago. It was our first long-distance move and my first experience living away from my close-knit family. Since then we've made two other cross-country changes and each time, I, basically an optimistic person, greeted the situation with a mixture of anticipation and apprehension—like beginning labor. In our case, our moves were by choice and I was sure I was ready.

But nothing really prepares you. There you stand with boxes piled high and a list of calls to make—proof of life-in-flux.

No matter how often you move, leaving home and beginning again will strain your emotions. Our first relocation was more like an extraction than an adventure. As we approached Tucson, the sunshine caught the lightly vegetated slopes, and the foothills glowed amber to soft purple. My husband squeezed my hand and said, "We're here." I got violently ill.

Successive moves were easier on my digestive system. But each time I knew I was being displaced, I wanted to hang on. And yet I knew that once I settled into my new home, it would endear itself to me and become the place I wouldn't want to leave next time around. Each time I tried to console myself. Aren't we a nation of movers and shakers? Why, then, did moving make me feel so shaky? Does the one out of five Americans uprooted each year qualify as massive social unrest?

I questioned a psychiatrist, expecting to hear my fears and attitudes made light of. Instead, Dr. Mark Welleck replied, "Few people realize that trauma and depression can occur during and after a move. Everyone is overwhelmed, but for some reason, no one talks about it." He cited related problems—unemployment, tight money, soaring divorce rate, guilt at leaving—until I marveled that anyone survives.

Moving demands both a wrapping up of old commitments and an effort to settle in. Simple things can be bewildering—like finding a new supermarket, a cleaner that won't shrink the shirts or a dentist who won't shrink from your biting child.

But there's also the joy of discovering an unknown place, new people and different ways of doing things. Just as you're bemoaning the loss of your favorite restaurant, you stumble upon a gem of regional cooking. You may have thought you could never stand the cold winters of your new home, only to find that snow and winter sports are the best thing to happen to you in years. And the people in your neighborhood turn out to be just as nice and interesting as people everywhere else. It just takes a little time to see the positive side and to adjust.

How traumatic is moving? No one really knows, and it varies with each case. But the subject has attracted interest in the past few years. Employee Relocation Council, headquartered in Washington, D.C., has hired the Northwestern University Graduate School of Business to look into the problem. This large, nonprofit trade association recognizes that moving can be far more unsettling for the mate than the relocated employee. Dr. E. Jerry Walker, of Duluth, Minnesota, is also researching this subject. In counseling corporate couples, he has discovered that some people need familiar objects and social milieu, and stability. "If you uproot these people, you don't relocate them, you dislocate them," Dr. Walker says.

Professional counselors consider moving a loss. Some compare it to a death. Is it any wonder that grieving comes so naturally? Yet the picture isn't all black. Experts agree that "family cohesion is the single most important factor when people move," and can overcome much of the feeling of loss and unhappiness.

Picking a friendly neighborhood can help, but that's hard to guarantee. If only moving companies could bottle the atmosphere of your destination, supplying "Eau de Seattle" along with moving booklets, cartons and tape. Everyone suffers from unfamiliarity in a long-distance move—perhaps children most of all. The important thing is to prepare them in advance for the move. Encourage them to help with the packing and loading. Let your child watch his rocking horse get stabled in the van and if he howls, remember his possessions are as valuable to him as your grandmother's Chippendale chairs are to you.

Another way to lessen a child's fear of moving is to familiarize him with his new home. Visiting the area before the actual move or taking a tour of the school before the semester begins both help to ease a child's anxiety. Once you've moved into your home, invite the neighbors over with their kids, so everyone has an opportunity to get acquainted. School can be a source of support for older children. Parents might ask teachers to write personal notes introducing the children to their new teachers. Familiar after-school activities can also soothe the sting of a new place. And after awhile, the children will make new friends and discover new interests.

Dealing with youngsters can be easier than handling the adults left behind. For years, stashed among our boxes of household goods were invisible cartons marked "Guilt." As we carted our material possessions around the country, we also moved these cartons. They wouldn't register on any moving company scale, but they were the heaviest things we owned. And then one day, I noticed they had disappeared. Our present happiness finally proved more important than past ties and memories.

Ultimately, moving requires massive doses of patience. No one can calculate the time until the scars from leaving heal and you once again feel "at home." At some point, you can find the most unusual item in your new grocery store as easily as in the old; the previously unfamiliar view from the kitchen window begins to win your affection; and your new neighbors prove as friendly and entertaining as those left behind. Home is indeed where the heart is. The trick is simply bringing it with you wherever you move. **End**

Illustration by R. Dale



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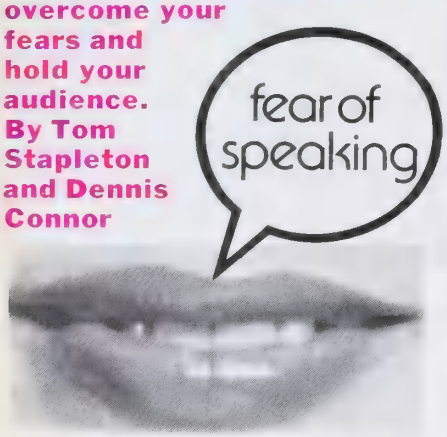
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If public speaking scares you, here are some tips from two communications consultants to help you overcome your fears and hold your audience. By Tom Stapleton and Dennis Connor



What do people fear most in life? Death, loneliness, sickness, flying? Surprisingly enough, none of the above. While these fears rank high, surveys show that far above them ranks speaking before a group.

Few experiences are more intimidating than public speaking. But successful men and women have learned to meet this fear head on and overcome it. They've had to. Let's face it. Your manner of presentation determines how your message is received. No matter who your audience or what your topic, you are attempting to sell yourself and your ideas through public speaking. If called upon to address an audience, would you speak with style or be struck dumb by the spotlight? If you're of the latter group, here are nine symptoms of chronic fear of public speaking and the prescriptions for long-lasting relief:

- **Wing-it-itis.** Results in jitters, stammers and uncertainty. Remedy: solid preparation. First, limit your topic. If you're not thoroughly familiar with the ground you'll cover, research it. Make an outline. Give your speech a beginning, middle, end. In short, organize.

Next, practice. Set a time limit and pace yourself. Deliver your speech aloud to a tape recorder or friends. When you give your speech, your tendency may be to rush, so hold to your practiced, relaxed pace and your talk will have a better chance of succeeding.

(Should you be called upon to speak extemporaneously, here are some tips to help you: First, relax. Take a few deep breaths and gather your thoughts. Keep your remarks to a minimum and your tone conversational. As soon as possible, ask questions and get your audience involved. In this way you will share the hot seat.)

- **Panic/Paralysis.** Terror-induced freeze manifested minutes before delivering a speech. It results in clammy palms, excessive nervous perspiration and an overwhelming desire to leave town. Remedy: Let your nervous system work for you, not against you. There's nothing wrong with being nervous. Your body is preparing for a competitive situation. If you say to yourself, "I appreciate this opportunity. It's my chance to show what I can do," your nervous system will be on your side.
- **Shoelace Syndrome.** Morbid fascination with the feet. The sufferer stands hunchbacked, coughs nervously and stares blankly in the general direction of her shoes. Cure: Stand up straight and remember that nothing will have as negative an effect as poor body language.

Project a positive image. Assume that everyone is thrilled to be there. Feel free to make gestures that accent what you're saying and when you speak, let your eyes move around the room, focusing briefly on various people. And finally, watch for unconscious mannerisms that may undermine your delivery, such as scratching yourself or toying with papers.

- **Acute Dullness.** The afflicted becomes listless and exhibits somnabulism. The problem with dullness is that it's contagious. Fortunately, its antidote, enthusiasm, is also infectious.

Open with an attention- *(continued)*

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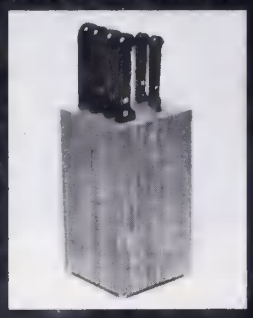
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FEAR OF SPEAKING

continued

getter—a humorous quotation, anec dote or analogy. Keep your comment vivid and engage your listeners' imagi nations. This way you'll encourag greater audience participation.

• **The Drones.** An affliction manifest ing itself in monotones or a constan vocal pitch. Listening to a speaker witl the drones is like listening to a fauce drip: It grates on your nerves. (Here' where taping yourself comes in handy. Go with your material. If it's somber be somber; if it's exciting, get excited and if it's humorous, laugh a little

Eliminate nervous fillers like "uh" and "you know." Try to maintain a conversational flow. Observe the networ newscasters and copy their technique of sight-reading—look at a few sentences and then address your audience. This is particularly helpful if you speech is too long to memorize.

• **The Vagues.** Avoidance of definitive statements, coming to the point or saying anything of substance. To cure the vagues, you must give your listeners something to sink their teeth into.

Avoid using cliches and platitudes, they may be easier but they detract from the effectiveness of your speech. So will jargon and statistics. Nothing turns off a listener faster than long lists of figures or abstruse technical phraseology. Learn to limit your topic to what your audience needs to know and can reasonably digest.

• **The Circle Syndrome.** A loss of equilibrium causing the speaker to continually return to the point from which she began—usually a side effect of poor preparation. The healthy speaker progresses in a straight line. Speaking in circles is a sure sign that you've lost your way and the audience will soon realize you're going nowhere.

• **Fractured Syntax.** The speaker reveals this disability and mars her otherwise good impression with a few blunders in grammar and pronunciation. Remedy: a booster shot of grammar.

Few speakers are perfect grammarians. But it is worthwhile to avoid the more flagrant violations. The same holds true for pronunciation. When in doubt, the simple rule is: Take ten seconds and look it up. Faulty grammar and pronunciation indicate that you don't care enough to get it right.

• **Anemic Conclusion.** Failure to nurture the end of a speech as carefully as the beginning. The cure is to build up and round out your conclusion. Your last statements will stay with your listeners the longest so return to your initial proposal, recap the points you've made and tie it all together.

Few people rise to the top without having cultivated public speaking ability. So take the floor and fear not! **End**



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Great Expectations! Feed a family of four with fun and frivolity. It's easy! Just slice, hollow and butter a loaf of round bread. Then pile on slices of ham, salami, cheese and anything else your family loves in a sandwich. Add pimiento pieces, lettuce and fresh onion rings. Now sprinkle a generous handful of Lindsay Ripe Pitted Black Olives between the layers. They add a special nutlike mellow flavor—plus added color and excitement. That's the Oliver.



Now the Twist: Press your sandwich to blend the ingredients together. Slice, serve and enjoy! That's the Oliver Twist from Lindsay— a Dickens of a great sandwich!

An olive is just an olive...unless it's a Lindsay.

The New TV Scene

Suddenly the world of home entertainment has grown beyond your wildest dreams. Now you can watch what you want . . . when you want. And there's more.

By Julie Maxey



You and your television are about to enter a new relationship. It is no longer a matter of watching only network and locally scheduled programs. New electronic devices that plug into your present set have been developed that let *you* control television scheduling, produce your own programs, take courses, play video games and streamline the financial side of home management. The following products are or soon will be sold at your local department stores.

Video Tape Recorder

It is almost magic the way the Video Tape Recorder (VTR), also called a video cassette recorder, puts you in charge of your television time. With a VTR you can tape TV shows off the air onto a cassette, just as you transfer music onto an audio cassette. You can record what you want (like your favorite movie that is only shown when you are out or at 3 A.M. on a weekday), and then play the cassette back anytime, using your television as the screen. You can play back a cooking demonstration when you are ready to make the meal, the exercise class when you are ready to stretch. And you never have to miss part of a show because your mother-in-law calls. If you are interrupted, you can stop the cassette till you are ready to finish the program.

The VTR, the size of a phonograph turntable, has a cable hookup that works on any TV—color or black and white. To record, simply set the VTR controls to the proper channel and hour as you would the timer of an automatic oven. You don't even have to be home. If you are, and want to watch one show and tape another, you can. You can also record a show while watching it.

Amazingly, you can play back a tape as soon as you have recorded. The VTR records pictures and sound onto a ½-inch tape by an electronic rather than chemical process, which means you don't have to wait, as with film, for developing. The electronic process of taping is similar to a photo wire service: The image is broken down into a grid of dots that is carried along a wire, then reconstructed into the picture.

A number of manufacturers are turning out VTRs. Sony makes the Betamax; RCA has the Selecta Vision; other brands are Panasonic, JVC, Zenith and Sanyo Electric, the company that makes the Betavision sold through Sears. Prices list from $800 to $1,300. The industry is still in its infancy, and, as yet, there is no one standard cassette tape that will work in all VTR models. When you buy your tape (you can get one- to four-hour lengths), be sure it is compatible with your VTR.

Current television programs aren't the only source of material for your VTR. You can buy pre-recorded video cassettes just as you do audio cassettes. For example, for television nostalgia buffs, Time-Life Video offers a Great Programs collection of eight hour-long TV shows aired over the last ten years. The series includes *Civilisation*, *The Ascent of Man*, *Life Goes to the Movies*. Movies are big. More and more titles are becoming available as Allied Artists and 20th Century Fox busily convert their collections of feature films to home video cassettes. There are a lot you've never heard of, probably for good reasons, but there are also old favorites such as *Friendly Persuasion*, *Love in the Afternoon*, and a flock of classics such as *Birth of a Nation* and Charlie Chaplin's *The Gold Rush*. Some movie companies will, in the near future, release cassettes of first-run films soon after they open in movie theaters. There is also a growing list of videotapes on a variety of subjects including cooking, gardening, concerts.

You can also take programing into your own hands and produce the ultimate home movies. Playing back your tapes on your TV is simpler than struggling with an awkward projector and cumbersome screen—or sheet. You will need a home video camera that uses cassettes compatible with your VTR. A camera that photographs in black and white costs about $300, a color camera about $1,300. Film, as with VTRs, can be played back instantly.

Electronic games

Your TV can turn into a games center. Electronic games hook up to your television and use the screen as the playing field, court or board, depending on the game you want to play. One of the most popular video games is Pong—sort of video volley ball. You and your opponent each have a dial on a separate control unit that plugs into your TV. Each dial moves a ½-inch vertical line up or down one side of the screen, the object being to hit the ball, a fast bouncing electronic blip, across the court—the TV screen. Other electronic games include tennis, hockey, baseball and variations on these themes. Board games such as checkers are also available. Prices for these start at about $50.

Home computer

Perhaps the most dazzling of all the new uses for your TV is as a link to a home computer. The Videobrain is one example. It uses pre-programed cartridges on specific topics to help you at home with your chores, such as budgeting family funds, toting up mortgage costs or figuring return on investments. With the Math Tutor cartridge, it will take on the role of a teacher and drill your children in mathematics. The Music Teacher will give them, or you, the basics on how to play, read and write music. It will play games with cartridges for blackjack, checkers, pinball. In all there are over 20 different cartridges available and more are due. Though it sounds impossibly futuristic, you don't need a graduate degree from M.I.T. to operate the Videobrain. The cartridges are pre-programed to speak your language. You carry on a conversation by typing your information (input) on the typewriter-like keyboard of the nine-pound computer. It answers you on your television screen. You can even add attachments that will let the computer keep permanent electronic records, write a computer print out on paper, or incredibly, let your computer share its thoughts with another computer. The basic Videobrain is $500. Pre-programed cartridges cost from $30 to $70 each.

Big screen TVs

While it is true any television set will do as a screen for these new electronic wizards, the televisions with big screens —some five to seven feet across—turn a room into a theater. But, you need a room with space for the TV projector (a separate unit sometimes the size of a filing cabinet), the screen and six or so feet in between. There are two types of sets, multitube and single tube. The multitube units are brighter, bigger and more expensive than single-tube units. Advent, Sony, Sega and Panasonic are among the large-screen television manufacturers. Single tube units list at $700 and up; multitube units are priced at about $3,000 and up.

This is only the beginning of what your television will be doing in the future. Though prices for the video products seem high, odds are they will hold their own against inflation or drop, as more and more people set up home video centers. **End**

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The Farberware Convection Oven. A Cooler, Cleaner Oven For Under $176.

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Cook without heating up your kitchen.

Since the cooking air is kept in constant motion inside the oven, it can't escape to heat up your kitchen. You can bake, broil or roast on the hottest days without baking, broiling or roasting. Convection roasting also saves you 1/3 of the time it takes to roast in a regular oven. You can do frozen meat in the time a regular oven will do thawed meat. You'll be able to save power, too. Our convection oven uses less energy than a conventional range oven. And it runs on standard current, without special wiring.

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The inside walls of our oven are treated to vaporize food splatters while the oven is working. A removable filter traps solids and fats. The drip tray and glass door come off and pop right into the dishwasher.

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The Farberware convection oven sells for less than $176. A lot less than other ovens that don't do nearly as much, nearly as well. Which makes it the ideal second oven, one that could well become the oven you use all the time. And why not? Everything you roast, bake or broil will come out of this oven looking like it came out of a magazine. In less time, with less work, and for less money.

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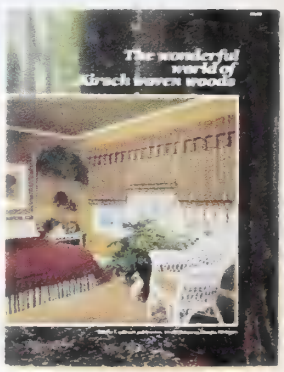
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IORE PASSION

The passions and desires, like the two st of a rope, mutually mix one with other, and twine inextricably round heart; producing good, if moderately dulged; but certain destruction, if fered to become inordinate.—*Burton.*

He submits to be seen through a miscope, who suffers himself to be ght in a fit of passion.—*Lavater.*

Passion makes the will lord of the son.—*Shakespeare.*

Passions are likened best to floods and ams: the shallow murmur, but the p are dumb.—*Sir W. Raleigh.*

"All the passions," says an old writer, e such near neighbors, that if one them is on fire the others should send the buckets." Thus love and hate ng both passions, the one is never e from the spark that sets the other aze.—*Bulwer.*

The passions are at once tempters and stisers. As tempters, they come with lands of flowers on brows of youth; chastisers, they appear with wreaths snakes on the forehead of deformity. ey are angels of light in their delun; they are fiends of torment in their lictions.—*Henry Giles.*

Nothing doth so fool a man as exme passion. This doth make them ols which otherwise are not, and show m to be fools which are so.—*Joseph ll.*

Passion, though a bad regulator, is a werful spring.—*Emerson.*

The only praiseworthy indifference is acquired one; we must feel as well as trol our passions.—*Richter.*

The brain may devise laws for the od, but a hot temper leaps over a d decree.—*Shakespeare.*

In all disputes, so much as there is of ssion, so much there is of nothing to purpose; for then reason, like a bad nd, spends upon a false scent, and sakes the question first started.—*Sir omas Browne.*

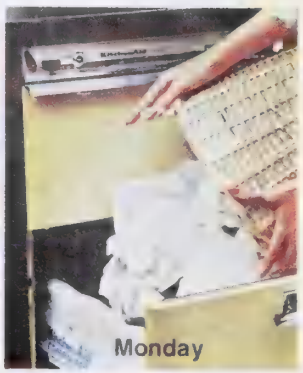
Almost all men are born with every ssion to some extent, but there is rdly a man who has not a dominant ssion to which the others are subornate. Discover this governing passion every individual; and when you have nd the master passion of a man, remember never to trust to him where that ssion is concerned.—*Chesterfield.* **End**

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PSYCHIC PETS AND THEIR COSMIC COMPASS



Some pets will travel hundreds of unfamiliar miles to find their relocated owners. How do they do it? With a sixth sense and their master's love. By Joseph Wylder

When we stop to consider the enormous efforts man has made throughout the centuries to figure out where he is—maps, compasses, signposts—it is certainly amazing that the animal kingdom is filled with creatures who travel great distances with no other guidance but their own internal sense of navigation.

Scientists have long been fascinated by the ability of animals to navigate great distances without error. Despite years of study, no special part of the animal nervous system appears to have been designed for the task. And so, it is more than likely that animals' phenomenal acts of navigation are psychic in origin. Thus, many pioneers in this field have referred to this ability as *psi-trailing:* trailing through psychic (psi) power.

My first experience with psi-trailing came several years ago. My sister in Burlington, Vermont, was forced to give up her collie-retriever dog. She was able to find Bonnie a home in a farming community about 70 miles away that neither she nor the dog had ever been to.

Several days before Bonnie was to be delivered to her new home, she became aggressive. But the dog's new owner was thrilled with Bonnie and admired her beauty and intelligence. Even Bonnie seemed to perk up at her new master's praise. My sister bid the dog *adieu* and sadly left. Bonnie watched her, whining under her breath.

Three days later, Bonnie greeted my sister at their old homestead, looking healthy and proud. The love and devotion that had motivated and guided Bonnie over that long, unfamiliar distance suddenly seemed more important to my sister than convenience, and she made room for her faithful pet.

Another case of psi-trailing is that of Sugar, a Persian cat. Sugar had a slight deformity in his left hip joint, which could be felt when he was petted, although it never bothered the cat. Sugar's master retired and planned to move from California to Oklahoma. As Sugar was terrified of automobiles, his owner decided to leave him behind.

The following year, about 14 months after the separation in California, Sugar appeared at the farm in Oklahoma—nearly 1,500 miles away—a place he'd never been before. There was no doubt it was Sugar: The telltale, protruding hip joint was found while a member of the family was stroking the cat.

The psi-trailing abilities of pets have always astounded and fascinated humans. But is it so incredible? Only if we insist that animal navigation has a 100 percent biological basis, do the feats of animals remain a puzzle.

One scientist who has remained open to the psychic realm is Dr. J.B. Rhine. Investigating the homing abilities of pigeons, he reports the case of a banded pigeon who flew into the backyard of a young boy, Hugh Perkins. The bird did not seem eager to leave. Hugh fed it and their relationship developed and deepened over the year. But suddenly, Hugh fell ill and was rushed to a hospital over the mountains, a full 120 miles away.

A gentle tapping

The next night, while recuperating from his operation, Hugh heard a gentle tapping on the window. He saw a pigeon standing on the windowsill, its feet stiff in the snow. The bird stayed there all night. The next morning, the nurse opened the window and in flew his beloved pigeon, with the identifying band on its iridescent leg.

In the animal kingdom, psi-trailing is an essential survival skill, linked to the nomadic lifestyle of some animals or held in reserve for circumstance. Using the psychic sense, wild animals can find a lost or injured mate, track down a lost cub, find water or vacate grazing grounds before a natural disaster strikes.

For our pets, it is no different. When lost or translocated, they will tune down their other senses so that their sixth sense will come to the forefront.

Sometimes this occurs in reverse as in the case of Mastic, the cat. Mastic's owners moved to a new home 160 miles away. Mastic was either bewildered by the move or disapproving. Whatever his motive, he soon left his new home and made his way over miles of unfamiliar terrain, back to his former home site.

Cats often find it difficult to move with their owners to a new home. Most of this reverse type psi-trailing is done by cats, and for this reason some people believe that cats are actually more attached to specific points on the earth than they are to their human companions.

But for the most part, our pets have great faith in us and will do just about anything to remain with us. One particularly moving report involves a family living in an apartment in Manhattan. They'd taken a summer house some I miles away and had taken their cat wi them. The cat took to the country life and she became pregnant that summ

Unfortunately, the time for the fa ily's return to Manhattan coincided wi the time for the cat to give birth. Li many cats, she had already found secret nest in which to give birth. C departure day, she was nowhere to found and so, with a heavy heart, t family returned without her.

Less than two months later, the c appeared at their window. She carri one of her kittens in her mouth. Th family was overjoyed and astonishe but their celebration was cut short. B fore long, the mother cat was gone agai She turned up two weeks later with a other of her kittens in her teeth. Th time, the family drove the cat up to th country house to collect the rest of th litter.

Another such incident involved a dc named Bobbie, who had to find his wa home against seemingly insurmountab odds. Bobbie and his owners were dri ing East from their home in Oregon When they reached Wolcott, Indian Bobbie suddenly spied a dogfight i progress. With a great instinctual leap he was out the car window. By the tim his owners gathered their wits, the loca dogs had chased Bobbie away. His own ers searched for him to no avail. The gave up and went on their way. When i was time to return they took a wholl different route, through Mexico.

Through the Rockies

Six months later, Bobbie returne home, skinny and exhausted. Affidavit by the Humane Society and other ac counts proved the amazing fact tha Bobbie did not retrace the route take to Indiana, nor did he follow the route through Mexico. Instead, Bobbie had turned around and headed straight for Oregon, conquering such rugged ter ritory as the Rocky Mountains.

Of course, there are countless cases that have gone eternally unresolved Often newspapers will report the heart rending case of a dog fixed in one spot because he'd been told to stay by a master who then disappeared, or who was unable to use his psychic channels to get back to his master or home.

Such was the case of the unnamed sheep-herding dog who sat along a highway in Ohio. It was obvious to all who passed the dog that he waited for an absent master. By night, the dog would search for food, but by daybreak he would be back at his post along the highway, facing in the same direction. He was cordial to local people, many of whom petted him and brought him food, but no matter how they tried to lure him away with offers of shelter and love, he would politely refuse and maintain his vigil.

(continued)

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PSYCHIC PETS
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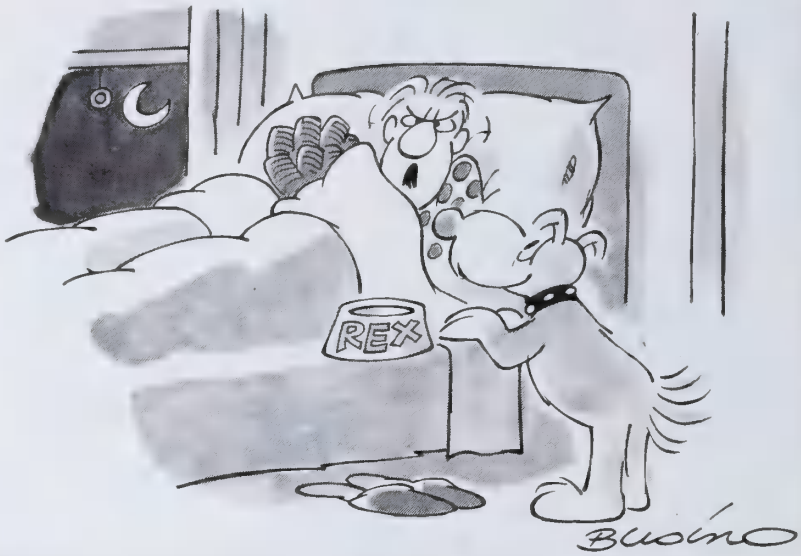
It seems that many pets are not fully capable of making use of their psychic powers. Animals, like humans, appear to have varying levels of psychic capacity. This variance in psi-trailing ability may account for the pets who get lost and never find their way home. Other contributing factors can be a lack of confidence in general—extending even to the other five senses. But a major obstacle to using their sixth sense to find their way home is if a pet's master did not have open channels for psychic communication with the lost animal—even though he may have loved the pet very much.

Love is the necessary base for any relationship, but love also needs open communication. Without this link between pet and human, the connection between the two is vulnerable and can collapse during a time of crisis, emergency or separation.

Sometimes psi-trailing and deep psychic communication between pet and human can lead to such stories as the tale of the dog named Shep, who was owned by Francis McMahon. One day, as Francis had started down the basement stairs, Shep started barking. Though this seemed a little out of character for Shep, Francis assumed it was unimportant and continued. Suddenly he lost his balance and tumbled down the flight.

He was taken to the hospital and Shep followed along. The dog was in the corridor when Francis was wheeled out of the Emergency Room. His master told him everything was all right, and to wait for him. Shep obeyed. But Francis's condition grew worse, and within hours he died. His body was wheeled out the hospital rear entrance while poor Shep waited where he'd been told to. At the moment Francis's body was taken from the hospital, Shep began to bark—loudly, tragically, in a despairing farewell to his master.

Shep waited in the hospital vicinity for 12 years. While it seemed clear that he knew something terrible had befallen his master, Shep chose to live with unyielding hope. **End**



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San Francisco's first woman mayor came to office on a wave of violence and murder. Now, her special skills—and personal background—are enlisted to restore the city's sanity. By Judy Stone

DIANNE FEINSTEIN A BRAVE NEW MAYOR



Dianne Feinstein has many titles —not all of them flattering. She's been nicknamed both "The Dragon Lady in White Gloves" and "Goody-Two-Shoes." She's said to be too brilliant, too beautiful, too cold and too ambitious. But she's never been called fainthearted or cowardly. Even her fiercest detractors have learned to respect her for her courage. They know that no matter how often or how viciously she is battered by life, Feinstein will never be down and out for the count.

While tragedy's flaying bends some people and leaves them cowed, with others it reveals a resiliency they never knew they had. Such is Dianne Feinstein. Despite one tragedy after another, she has moved onward, touched and affected by the sadness that follows her, yet able to summon up courage to face the future, in spite of the past.

And, almost ironically, it is tragedy that has elevated her to the present pinnacle of her career.

Wednesday, November 29, 1978, saw City Hall staffers still reeling from the horrors of Guyana —the mass suicide/murders of the San Francisco-based People's Temple. By 11 A.M. that morning, City Hall employees would experience firsthand the nightmare of violent bloodshed. Mayor George Moscone and Supervisor Harvey Milk, an admitted homosexual and gay rights supporter, were fatally wounded in a double shooting. The alleged killer, a former supervisor who resigned his position and then decided he wanted it back, left Moscone lying in a pool of blood in his office, and Feinstein as the acting mayor of San Francisco.

As President of the San Francisco Board of Supervisors, it was Feinstein's duty to announce the loss of the city's popular mayor. And as acting mayor (she was later voted in as Moscone's replacement—a term she serves until January 1980) she was responsible for restoring the city's shattered sense of self-respect. As she stood tall, pale and dignified, she kindled a flicker of hope in the hearts of numbed San Franciscans. Few people knew that just minutes before she had heard shots in the office adjacent to hers, and that she had been the first person to reach Harvey Milk. "I tried to get his pulse," she recalls, "but a bullet had gone through his wrist; all there was was blood."

As thousands gathered to grieve in the Civic Center, the Acting Mayor reaffirmed the essential quality of a community that has been stunned too often by bizarre tragedies.

"The spirit of this city," the native daughter declared with unshakable conviction, "is one of promise and hope, of progress, of generosity, of love, tolerance and forgiveness. If today's vision of the city is clouded and if our spirits are numbed, tomorrow's future can be a bright one."

Listening to this calm-faced woman, few also knew how heavy an echo of personal heartache and loss permeated her words. She was just regaining her own sense of equilibrium after the drawn-out and painful death of her husband, Dr. Bertram Feinstein, a distinguished and popular neurosurgeon who died of cancer seven months earlier. Theirs had been an unusually close, mutually supportive and happy 15-year marriage. In 1975, cancer also struck down the father she idolized: Dr. Leon Goldman, a highly respected professor and devoted parent. And throughout the past few years, she has had *(continued on page 161)*

Photograph by Ann Ashley

1978 R. J. Reynolds Tobacco Co.



Your Family's Health

David R. Zimmerman

A new look at the value of breast feeding; prevalence of hyperactivity questioned; an old fever remedy reexamined . . . and more.

FEVER FIGHTERS. It's midnight, and Sandra Gayden's ten-month-old daughter Sonia is unconscious and close to death. Pediatrician Gilbert Dick, M.D., on emergency duty at Long Island Jewish Hospital in Queens, New York, doesn't know why the child's so sick—or what to do about it. The usual tests offer no clue. Urgently, he retraces with Sandra the day's events: The child had a runny nose, a cold and fever. When her temperature rose to 103° F., Sandra wrapped Sonia in a towel soaked in rubbing alcohol to cool her. The fever broke and Sonia fell asleep—but later, she couldn't be awakened.

Suddenly, Dr. Dick realizes what must have happened. He initiates treatment for alcohol poisoning, and the child is revived.

"There was enough alcohol in Sonia to kill an elephant," says Dr. Dick, explaining that the child had inhaled fumes rising from the towel. The lesson, he adds, is never to use alcohol to quell an infant's fever. Instead, use ice wrapped in towels to bring a dangerously high temperature down quickly and safely. Compresses made with tepid water will not take much longer, and are more comfortable.

BREAST FEEDING APPROVED. This is the International Year of the Child and the American Academy of Pediatrics has contributed to the occasion a ringing new endorsement of breast feeding. It is the best way for mother and child to start life together, according to the Academy, unless either mother or baby has an overriding physical problem.

Mother's milk is nutritionally superior to formulas and may help children stay slim and healthy as they grow older, states the Academy. Breast milk also contains substances, absent in formula, that protect an infant from infections, including diarrhea. The close physical contact enhances the bond of love between mother and child.

THE HYPERACTIVITY "HYPE." One out of ten, even as many as one out of five, school children who cannot sit still or concentrate on school work can be labeled hyperactive, some researchers allege. Now the manufacturer of Ritalin—a stimulant which may be addictive—is promoting the drug to help calm these hyperactive youngsters.

But the prevalence of hyperactivity, and so the need for the drug, is grossly exaggerated, school psychologists at the University of California at Berkeley find. Hyperactivity should be easily identifiable by adult observers, Jonathan Sandoval, Ph.D., and Nadine Lambert, Ph.D., explain. But when they studied 5,000 local school children, they discovered that only one in a hundred was regarded as hyperactive by doctors, teachers and parents. Their findings suggest that nothing more serious than temporary emotional growing pains account for most of the hyperactive behavior that does occur.

SHOULD SWIMMERS USE CONTACT LENSES? The chlorine in swimming pools often stings and reddens the eyes, blurring vision. Surprisingly, a very preliminary experiment suggests that soft contact lenses can prevent "chlorine burn."

Hard contact lenses will float off the eye and get lost in the water; water-absorbent soft lenses ordinarily will, too. But soft lenses, when saturated with distilled water, tend to stay in place. This fact prompted ophthalmologist O. David Solomon, M.D., of Mt. Sinai Hospital in Cleveland, to put a few drops of distilled water and a soft lens into the left eyes of ten high-school swimmers, leaving their right eyes uncovered. After a 50-minute swim, all but one swimmer had an irritated right eye, says the doctor, but their left eyes suffered no discomfort. Because this protective method is experimental, and replacement lenses costly, swimmers should consult their eye doctors before trying this method.

INSIGHT INTO ILLNESS. It isn't easy, even for professional journalists, to capture in words the effects a serious illness has on the lives of the victim and loved ones. Nonetheless, this year my colleagues and I awarded first prize in a National Multiple Sclerosis Society journalism contest to an amateur, Glenda L. Taylor, of New Milford, Pennsylvania. She won the award for her sensitive account of her husband's crippling disease and how it tore at their lives and marriage.

"In a mixture of sadness, loneliness and confusion, I watch as small things slip away that once were a part of our life together," Taylor writes. "I hold anger for the unseen intruder who caused this ironic reversal in the subtle little roles of sexuality we once enjoyed playing. They are small gestures of holding a door, carrying packages when we shop, unscrewing a too-tight jelly jar, or driving the car; but now I do them for him.

"He, too, must feel cheated by the set of circumstances that put me in the driver's seat." **End**

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Geraldine Carro

Mothering

WHY IS THIS BABY CRYING?

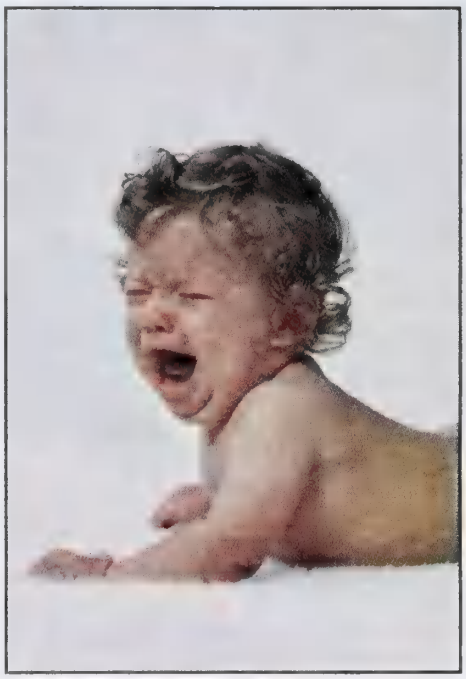
There may be a message behind your baby's tears. Instead of feeling helpless, guilty, exasperated, you can learn to cope.

Margaret Welles is a blossoming two-month-old. These days she is busy practicing what promises to be an engaging smile. But there are moments when this lovable creature—like most babies—cries inconsolably, driving her adoring mother Marcia to distraction.

The moments Margaret chooses to turn on the tears are invariably in the early evening. By then Marcia's patience is wearing thin, her two older children are clamoring for their dinner and her husband has arrived home from his law office, hungry and tired. Margaret's timing couldn't be worse.

On these trying occasions, Marcia runs through her repertoire of mothers' tricks: She picks up Margaret, checks her diaper, offers a bottle and rocks her while singing a lullaby. Sometimes the tricks work and sometimes they don't.

"I love my baby," says Marcia, "but when the crying just won't stop, I don't know who to throw out the window, me or Margaret."



It isn't surprising for a newborn's cries to evoke such exasperation. The piercing sounds an infant can produce are extremely irritating, according to Boston University psychologist Freda Rebelsky, because they cover such a wide frequency range.

Even worse than the assault on the eardrums is the feeling of helplessness and inadequacy those persistent yowls evoke. "Parents become convinced that they must be doing something wrong," says Dr. Rebelsky. Usually they're not. Babies simply have a need to cry, she explains. The idea that infants are placid, tranquil creatures is a myth. Babies are, in fact, a naturally noisy bunch, a study by Dr. Rebelsky reveals. Using tape recorders to eavesdrop on a group of infants during the first three months of life, she discovered that there was rarely a moment of silence. During their waking hours the babies fussed and cried frequently. And even when asleep they groaned, moaned and whimpered. The fuss periods persisted for the first three months, then tapered off. Crying and fussing, it turns out, are normal behavior.

They're healthy, too, Dr. Rebelsky believes. The noise and movement may be nature's way of making certain that babies receive an adequate supply of oxygen.

Another observer of newborns, T. Berry Brazelton, Chief of the Child Development Unit of the Children's Hospital in Boston, points out that crying also helps discharge tension. It seems that babies, too, have a need to let off steam. Frequently that need comes at the end of the day, which explains why many infants, such as Margaret Welles, have fuss periods in the early evening. By then a baby has had enough stimulation for one day and, to make matters worse, the household is usually teeming with activity.

An end-of-day fusser can be particularly hard on a working mother, says Dr. Brazelton, because she assumes her baby is crying because she's been gone all day. The mother then begins to feel guilty, not realizing that baby has merely chosen early evening as prime crying time.

Babies cry, of course, for a lot of other reasons. Two common ones are hunger and physical discomfort, which parents quickly become adept at identifying. But sometimes the causes are subtler and so more difficult to recognize. Fatigue, boredom, loneliness or the simple longing to be cuddled can elicit tears.

How to handle tears: a far cry from old theories

Babies are trying to tell us something when they cry, but the message may be difficult to decipher. "Crying, after all, is one of the few ways these immature beings have to communicate with us," says Dr. Rebelsky. And she encourages parents to respond to these early attempts at communication.

The doctor's advice: Don't be afraid to pick the baby up. A prompt response teaches infants that someone out there cares and is listening, which is how they learn that they can affect their environment. This is a far cry from the old theory that the more often babies are picked up when they cry, the more likely they will be spoiled. The opposite, in fact, seems to be true.

Dr. Rebelsky and many of her colleagues believe that infants who are promptly attended to turn out to be less fussy and demanding than those left in their cribs to cry it out. Studies show that by the time they are a year old, those infants who have been picked up often usually cry less than other babies. Instead, they more often coo, smile and use other bodily gestures to express themselves. Having learned that they can evoke a response, they are encouraged by their success and develop more sophisticated ways to communicate, Dr. Rebelsky explains. And, rather than becoming spoiled brats, they tend to listen more readily to adult directives.

But there are some babies who cry an inordinate amount no matter how they're handled by their parents. These babies, Dr. Brazelton says, are somewhat more high-strung and more sensitive to what's going on around them. The doctor, who has devised a behavioral assessment scale for newborns, has found that these babies have a hard time quieting themselves once they begin to cry, a capacity calmer infants possess even in the first days of life.

Recently, two Washington, D.C. doctors studied the crying *(continued on page 168)*

MAILBOX

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From left: Pear Mousse, Cole Slaw, Danish Liver Paté.

YOUR NEW FREEDOM AND JOY

How your food processor can expand your cooking and entertaining horizons.
By Jean Anderson

It's the new status symbol of the cooking arts. You may have been given one for a birthday or Christmas . . . or bought it yourself after watching your neighbor turn out a whole party with it. But whether you own one or not, you know that the food processor is the most talked-about appliance of recent times. Young mothers compare notes on how to make their own baby foods, gourmet cooks exchange recipes for herbed butters and patés, and lots of men are getting into the act, intrigued by its mechanics.

Too often, food processors are not used to their full capacity. Many cooks do not realize how quickly and efficiently it will make fresh peanut butter or pastries. Some women are intimidated by the blades and the buzz. Others are unsure of how long it takes to chop onions or slice cabbage.

Point No. 1: The more you know about what a food processor can do, the more you will use it. For starters, a food processor will beat and blend. And chop and cream and crush. And dice, emulsify, flake, French, grate, grind, hash, julienne, knead, mash, mince, mix, purée, shred and slice. And to think that one new mother, who'd been using a processor to prepare her baby's food, shoved the machine on a closet shelf once her infant daughter had graduated from purées. "Well," she said with a shrug, "what else can I do with it?"

For starters, she might lay in a supply of homemade sauces, purées and flavored butters. Frozen assets, so to speak. She might buzz stale bread to crumbs (tightly covered and stored in the freezer, they remain fresh and fluffy for two weeks or more—and what bliss not to have to pause mid-recipe to *(continued)*

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Photograph by Jerry Friedman.

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FOOD PROCESSORS

continued

pare a cup or so of crumbs for a cas-ole topping).

She might also try back-to-scratch p that begins with a meaty bone and nty of fresh chopped vegetables (the cessor prepares them lickety-split d cuts them so fine that every smidgen lavor is extracted as the soup bubbles ay on the back of the stove). She ght use the processor to mince turkey una for salads and sandwich spreads, hash leftover meats and vegetables, mix pie dough, grate Parmesan. She ght buzz up a billowing homemade yonnaise, whir calf's liver into a silken é or whip fish fillets into gossamer enelles. She might even produce a ole platoon of French breads and tries. And, if she felt so inclined, put a peck of pickles.

That's the thing about a food proces-. It can—if we let it—open up a whole v way of cooking, or to be more pre-, re-open or re-introduce to us a rep-oire of old-fashioned recipes that d become too bothersome to prepare: ted meats, pickles and preserves, rmalades and ketchups, nut butters d tortes.

Suddenly, so many of the once-intimi-ing recipes seem not only possible but also appealing and easy—the dozens of fancy foreign dishes we'd never dreamed of doing, not to mention such long-winded family favorites as cole-slaws, hashed browns and scalloped potatoes. Mincing mushrooms no longer seems formidable. Or slicing a batch of onions ("Look, Ma, no tears!") or chopping gobs of fresh parsley.

What short shrift the food processor makes of such tasks. It will, for example, chop ten pounds of cabbage in a trice—cleanly and uncomplaining. And it does the job in about ten minutes flat. Compare that with the hour of drudgery required to hand-shred the same amount. And if you consider what a speed demon the processor is at other tedious kitchen chores (many of them are listed in the Mini-Dictionary of Processes, page 70), you needn't be a mathematical genius to figure out just how fast the machine could pay for itself.

What the processor won't do

With a machine as new and phenomenal as the food processor, the temptation is to treat it like a new toy, to keep it out at all times and to use it for every conceivable cooking task.

Well, versatile as the processor is, it can't do everything. It won't, for example, mash potatoes. Turns them to glue every time. The processor also will not: grind coffee . . . mill whole grains . . . churn butter, whip egg whites (unless you have the Waring and its new "Whip" attachment) . . . chop raisins or dried currants (unless they have first been plumped in liquid). Nor will it scrub floors, wash dishes or chop wood.

Obviously, common sense must be exercised if a food processor is to be used to the best advantage. It should not replace the electric mixer (still the master when it comes to mixing batters, whipping egg whites and heavy cream) or, for that matter, the electric blender, which excels at liquefying solid foods and whizzing up frothy drinks. Each machine is a specialist and each should be used in tandem with the others.

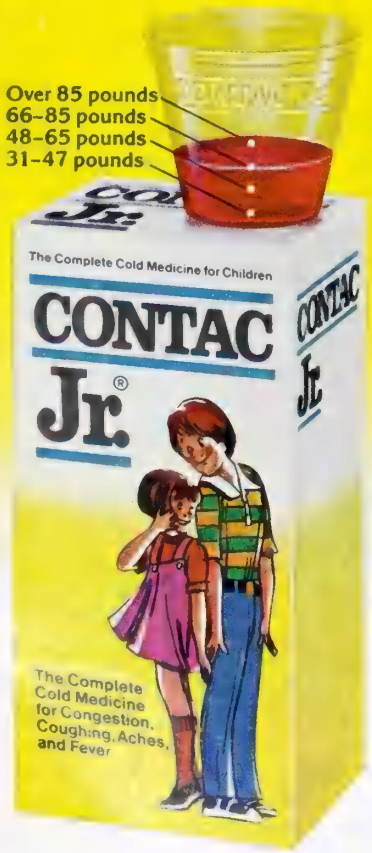
Shopping for a processor

There are 14 major food-processor brands being sold across the United States (and a number of minor ones in regional distribution). The leading machines (many now available in a range of models) are, to list them alphabetically: American Food Processor, Cuisinart, Farberware, General Electric, Hamilton Beach, J.C. Penney, Mighty Chef, Norelco, Omnichef, Sanyo, Sears, Sunbeam, Waring and Welco.

What, then, is the *true* food processor? Simplicity itself. A compact electric power base onto which a large plastic work bowl locks. There's a hole in the middle of the work bowl *(continued)*

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FOOD PROCESSORS

continued

through which a machine-powered spindle protrudes and upon which each cutting blade or disc is anchored. Finally, there is a snug-fitting lid with a tube down which food is fed into the processor via a plastic pusher.

You should also know that there are two basic types of processors: those with *direct drive* (American, Cuisinart, Mighty Chef, Norelco, Sunbeam, Waring and Welco) and those with *belt drive* (Farberware, Hamilton Beach, GE, J.C. Penney, Omnichef, Sanyo and Sears). There are advantages and disadvantages to each. Direct-drive processors are more compact because their work bowls sit smack atop the power bases. But they are taller, too (too tall, sometimes, to stand on a countertop underneath a wall cabinet), and their height may make them wobble or counter-walk under heavy loads (grating Parmesan, for example). The belt-driven machines, on the other hand, are longer and lower slung (most occupy about twice the counter space of the direct-drive processors). They tend to be more stable (that is, not to carom about the counter), but after prolonged use, their belts may begin to slip and slide and require replacement.

Blades and discs

Most processors come packing a quartet of easy-to-switch blades and discs—one each for chopping, slicing, shredding and blending. Here's how they work:

Metal Chopping Blade: S-shaped, scalpel-sharp and forged of fine surgical stainless steel, this is the processor's single most valuable tool, and the one you will ultimately use for everything except slicing, shredding and julienning. This is also the accessory that requires greatest skill and restraint to operate for example, you intend to chop mince onions, you must develop a q trigger finger on the control sw snapping the machine on and off sm until the onions are as coarse or fin you want them. Otherwise, you will mush (and if you intend to brown t chopped or minced onions, you are of luck because onion mush will brown). This stop-start technique i fact, the secret of using the chop blade successfully because it is the way in which you can control the sistency of the food being proces It is also the reason that more more manufacturers are now includ "pulse" buttons or switches on t processors, which give you the optio running the machine—automatica with a series of powerful, staccato bu as well as at a steady hum. This on action also keeps food bouncing aro the work bowl and in the path of chopping blade so that you don't h to stop the machine so often to scr the bowl down. Few chopping-bl jobs, by the way, require longer than to 20 seconds, and virtually none m than one minute.

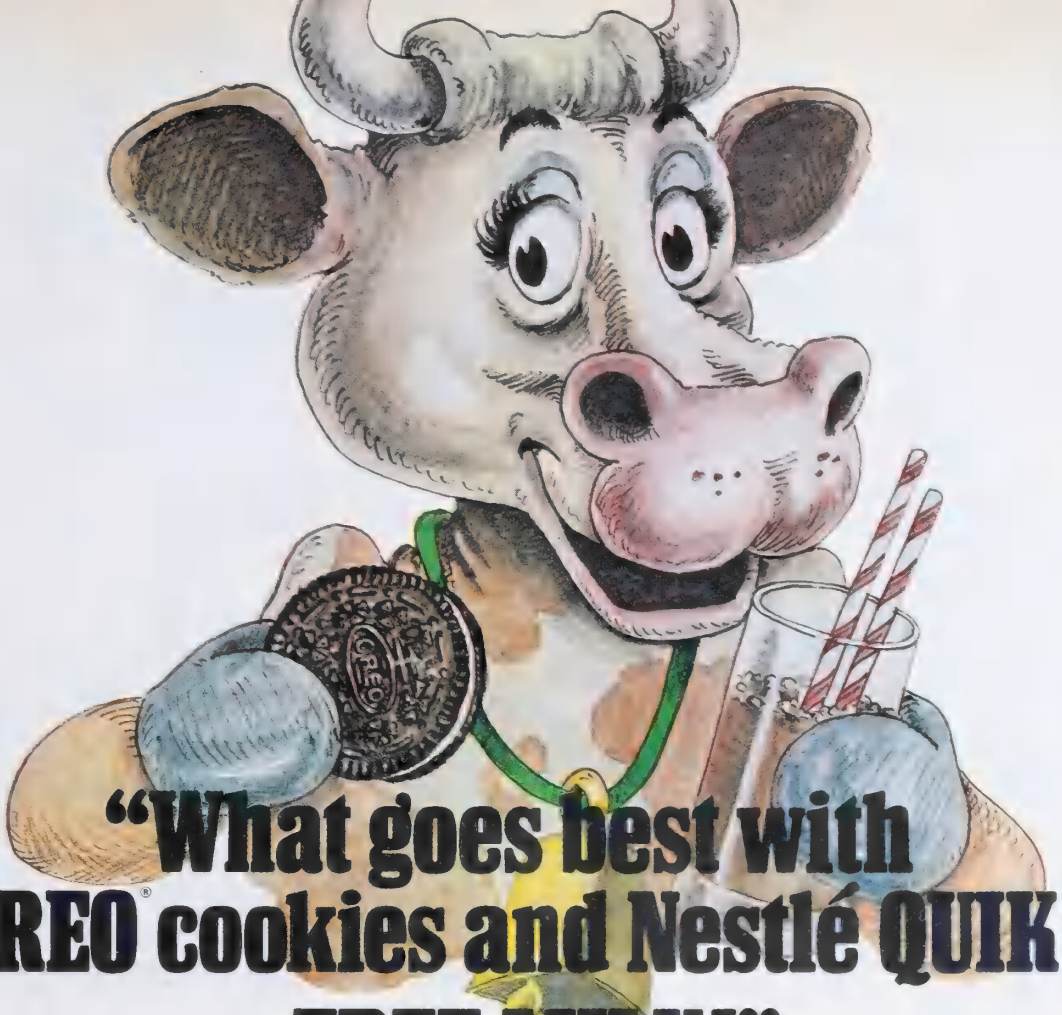
Plastic Mixing Blade: People like joke about this blade: "If you find what it's good for, let me know. . . "Maybe it would make a good propel for my son's model airplane." S-shap like the metal chopping blade molded of heavy-duty plastic, the bla was designed to blend or mix foods. to tell the truth, most processor own favor the metal chopping blade, whi out-performs it at every turn. As a resu several manufacturers have dispens with the plastic mixing blade altogeth

Slicing Disc: The standard attac ment for the majority of processors is t *medium* slicing disc, averaging betwe six and eight slices to the *(continue*

A MINI-DICTIONARY OF PROCESSES

To prove what a whiz the food processor is at cutting things down to size, we've listed cooking chores together with approximate processing times (per 2 cups o trimmed, prepared food) and a handy table of yields. All use the metal chopping blade, except mushrooms, for which use the slicing disc.

Job	Approximate Processing Times (in seconds)	Approximate Yields
Chopping Onions	2–3	1 med. onion = ½ cup coarsely chopped
Mincing Parsley	3–4	1 cup loosely packed = ⅓–½ cup minced
Slicing Mushrooms	15	¼ pound = 1½ cups sliced
Grating Cabbage	5–6	1 med. cabbage = 8 cups coarsely grated
Grating Coconut	30	1 med. coconut = 5 cups coarsely grated
Grating Parmesan	20–30	½ pound = 1¾ cups finely grated
Crumbling Bread	5–6	2 slices = 1 cup soft crumbs
Grinding Raw Meat	8–10	½ pound = 1 cup finely ground
Puréeing Cooked Vegetables	15–20	1 cup solids = ½ cup purée
Preparing Cream-Style Corn	4	1 cup whole-kernel = ½ cup cream-style
Chopping Nuts	3–5	1 cup = ¾–1 cup chopped



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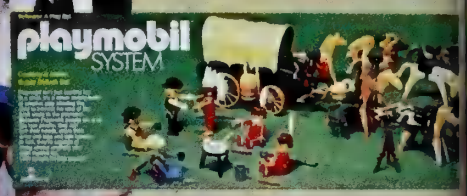
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FOOD PROCESSORS

continued

inch—a good all-round thickness. Using the slicing disc is a straight-forward operation, although you *can* thicken or thin the slice somewhat simply by varying the amount of pressure with which you push food down the feed tube—the heavier the pressure, the thicker the slice. *Note: Unless a slicing disc is serrated (and not all of those included as standard equipment are), it will not slice meats cleanly.*

Shredding Disc: The most utilitarian is the *medium* disc and that is the one you're likely to get with a new processor. There's no trick to using the shredder—simply shove food down the feed tube with gentle-but-steady pressure. Bearing down harder won't speed the shredding, but it will up the noise to ear-shattering level. And it may also dull or deform the shredding disc.

Additional Accessories: Thin slicers . . . thick slicers . . . French fry cutters . . . crinkle cutters . . . fruit juicers . . . julienners . . . even an ingenious new "whip" (from Waring) that will actually beat egg whites or heavy cream to stiff peaks. These are only a few of the extras now available for some—but not all—of the different processors, and more are on the way.

About performance

Advertised horsepower and *r.p.m.'s* are not reliable indicators of a processor's performance.

You can, of course, get some inkling of how a particular processor performs by seeing it demonstrated at a local department store (but the demonstrator, remember, is there to show the machine off). To hear about any shortcomings, you must pick the brains of processor-owning friends and relatives who will level with you. Find out what they like—and don't like—about their machines. Then borrow, if possible, their instruction manuals (most manufacturers are fairly up-front about their processor's do's and don'ts). Not every machine, for example, will knead yeast dough (nor may you need one that does). Not all will crush ice or slice meat or cut French fries.

To determine a processor's capabilities (and to discover which machine is best for you), here's a quick checklist of points to consider:

1. *Is the processor quiet?* This may seem a minor matter. Not so if you live in an apartment and are likely to annoy neighbors or if you, yourself, are easily freaked out by noise. Some processors are quiet, but others sound like a revved-up sports car.

2. *Is the machine steady on the counter, even when handling heavy loads?* Lightweight models have been known to skitter right off the counter and onto the floor.

3. *How well designed is the machine?* Is it clean of line, devoid of ridges and crevices that will catch and hold grime? Does the work bowl slip easily on and off the power base? Does it lock snugly in place? Does each blade and disc fit onto the central spindle in such a way that it seals the work bowl watertight? If not, liquids may ooze out onto the power base, meaning you're in for a lot of messy spills and very possibly, a shorted-out motor to boot.

4. *Are the accessories dishwasher-proof* (work bowl, lid, pusher, blades and discs)? Not all of them are and, quite frankly, some of the blades are downright dangerous to wash by hand.

5. *Does the processor have a grounded (three-prong) plug?* It's not necessary, but if a processor does have such a plug, you'll need an outlet to match or an adapter.

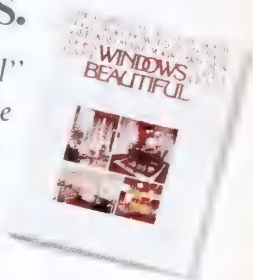
6. *Is the machine powerful enough to crush ice, grate Parmesan and knead yeast dough without stalling?* These are three of the toughest tasks any processor can be expected to perform.

7. *Does the chopping blade grind raw meats and seafoods to velvety smoothness?* It *should* if you're into mousses and quenelles. Is *(continued)*



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continued

it equally adept at grinding cooked meats, at puréeing fruits and vegetables (both the raw and the cooked)?

8. *Does the processor chop and mince crisply and cleanly?* It's chopped onion, green pepper and parsley you want—not juice.

9. *How neatly does the machine slice?* Put it to the test with raw carrots and cooked meats. Any ragged edges? Are the slices uniformly thick or thin?

10. *How well does it shred?* Raw potatoes, Cheddar cheese, celery root? And what about the texture of the shred? Too fine, too coarse or just right?

Answering these questions won't tell you everything you need to know about food processors, but it will keep you from buying "a pig in a poke"—from investing unwisely. For most of us, buying a food processor represents a major investment. Prices have come down since the first ones hit the stores in 1973. Certain brands are heavily discounted, meaning that it's possible to pick up a processor for as little as $40. But it is also possible to spend $250. The real question is, *should* you? Consider, first, *how* you cook, how *much* you cook and how much you *like* to cook. Then consider what a miracle worker the food processor is.

FRESH-PEAR MOUSSE
pictured on page 66

So many of the world's great recipes are the result of happy accidents or of making do with what food there is on hand. I count this pear mousse in that category, for it evolved from a last-ditch attempt to salvage fresh pears that were on the verge of going bad. I'd bought them for an open-face pear pie, but as so often happens, time got away from me and before I knew it, they had ripened almost beyond the point of no return. Certainly, they were too soft to slice for pie. So, with the help of the food processor, I whirred them into this fresh-pear mousse, which, I must say, is as lovely and delicate as any mousse I've eaten.

1 cup sugar
2 envelopes unflavored gelatin
¼ teaspoon salt
3 large eggs, separated
2 egg whites
1½ cups milk
6 large, very ripe pears (I used Bartletts), peeled, cored and quartered
Juice of ½ lemon
1 tablespoon Poire William (pear *eau de vie*) or Cointreau
1 cup refrigerator-cold heavy or whipping cream

In the top of a double boiler, blend ¾ cup of the sugar with the gelatin and salt, smoothing out any lumps with a wooden spoon. Blend in the 3 egg yolks. Place the 5 egg whites in a large mixing

the gelatin mixture: set over simmering water and cook and stir for 5 to 8 minutes, or until gelatin and sugar are both dissolved and mixture lightly coats a metal spoon with a custard-like film. (In a stainless steel double boiler it takes 5-8 minutes, whereas, in a glass double boiler it requires 20 minutes to coat the spoon.) Remove from heat and cool. Stir from time to time to prevent a "skin" from forming on the surface of the sauce.

Halve the pear quarters crosswise and place half of them in a food processor fitted with the metal chopping blade. Drizzle half the lemon juice over all. Purée the pears by using 3 or 4 five-second churnings of the motor. Transfer to a large bowl and set aside. Now purée the remaining pears the same way, drizzling first with lemon juice, and add to bowl. Stir in the cooled custard sauce and the Poire William or Cointreau, cover with plastic food wrap and chill for about 40 minutes or until tacky. Then whisk lightly until smooth.

With a rotary beater, beat the egg whites with 1 tablespoon of the remaining sugar to soft peaks, then continue beating, adding the remaining 3 tablespoons of sugar gradually, until the consistency of meringue. Ladle about 1 cup of the pear mixture into the whites and fold in to lighten the meringue. Then dump the meringue on top of the pear purée and let stand for the moment.

In a clean, dry, work bowl fitted with the metal chopping blade (also clean and dry), whip the cream (see ed. note) to soft peaks, using 3 or 4 five-second churnings of the motor. Examine the consistency of the cream closely after each 5-second churning and, the minute it mounds softly, scoop on top of the meringue in the bowl. The reason you must watch the cream so carefully as it whips is that the processor action is so powerful it may create butter flakes while you look away for only an instant.

Gently but thoroughly fold the meringue and whipped cream into the pear mixture with an over-and-under motion until no streaks of pink or white remain. Cover with plastic food wrap and chill for 8 hours, or overnight. This is a soft and billowing mousse, wonderfully fresh of flavor and fragile of texture. Spoon into stemmed crystal goblets and serve. Makes 8 to 10 servings; about 315 calories per 8 servings, 220 calories per 10 servings.

Ed. note: Chill bowl, blade and cream in freezer for 10–15 minutes. Cream should be 32°F., which is colder than refrigerator temperature. Use only heavy or whipping cream.

DANISH LIVER PÂTÉ
pictured on page 66

A moist, marvelously spreadable, calf's-liver pâté seasoned with (continued)

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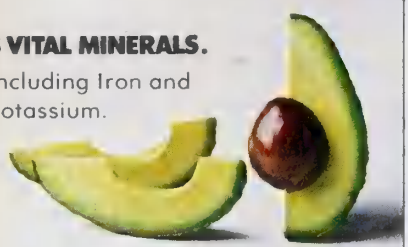
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FOOD PROCESSORS

continued

parsley, dill, thyme, allspice, ginger and cardamom. It requires only one pound of calf's liver and is stretched to the nth degree by soft, fresh bread crumbs. The processor, of course, accounts for the pâté's exquisite texture. Serve as a cocktail spread or as a first course with dark, Danish pumpernickel bread or melba toast.

6 slices firm-textured white bread, torn into small pieces
½ cup loosely packed parsley sprigs, washed and patted dry on paper towels
⅓ cup loosely packed dill fronds, washed and patted dry on paper towels
¼ pound refrigerator-cold salt pork, cut into 1-inch cubes
1 medium Spanish onion, peeled and cut into 1-inch chunks
1 pound sliced calf's liver trimmed of veins and connective tissue
½ teaspoon crumbled leaf thyme
¼ teaspoon ground allspice
¼ teaspoon ground ginger
¼ teaspoon ground cardamom
¼ teaspoon salt
⅛ teaspoon freshly ground black pepper
¾ cup beef stock or broth
¾ cup heavy cream
2 large eggs, lightly beaten

Place half of the bread with the parsley and dill in a food processor fitted with the metal chopping blade and buzz until uniformly fine and crumbly, using two or three 5-second churnings of the motor. Empty into a large mixing bowl. Crumb the remaining bread the same way and add to bowl. Now mince the salt pork fairly fine by snapping the motor on and off 3 or 4 times; place salt pork in a large, heavy skillet, set over moderate heat and allow to sauté while you mince the onion. Place the onion chunks in the processor (still fitted with the metal chopping blade—no need to wash the blade or the work bowl) and mince moderately fine, using 4 or 5 on-offs of the motor. Set aside.

Continue to sauté the salt pork 10 to 15 minutes over moderate heat until almost all of the fat has melted and the solids have cooked down to crisp brown bits; scoop these into the bowl with the bread crumbs. Add the minced onions to the salt pork drippings and stir-fry about 10 minutes until golden and touched with brown. Push onions to one side of skillet, add the liver, raise heat to moderately high and brown the liver quickly on both sides. Reduce heat; add thyme, allspice, ginger, cardamom, salt and pepper and warm 2 to 3 minutes.

Now empty half of the skillet mixture into the processor (again no need to wash the blade or work bowl) and churn for 10 seconds nonstop. Open the work bowl, scrape down the sides, then buzz for 20 seconds nonstop or until smooth and creamy; add to bowl of crumbs. Purée the remaining skillet mixture the same way and add to crumbs. Also add all lightly but thoroughly to mix. Spoo into a well-buttered paté pan measurin 10 inches long, 2¾ inches wide and inches deep (the kind with a removab bottom—these are available in special kitchen shops) or, if you have no suc pan, in a buttered 8½x4½x2½-inch lo pan. Set pan of pâté in a large, shallo baking pan, pour water into baking p to a depth of about 1½ inches, then bak uncovered in a moderately hot ove (375° F.) for 1 hour.

Remove the pâté from the oven (ar from the water bath) and cool to roo temperature. Cover and chill until firr then carefully loosen pâté around th edges and unmold onto a serving platte Makes 6 to 8 servings. About 455 ca ories each for 6 servings and 340 calorie each for 8 servings.

GREAT GRANDMA'S SWEET-SOUR COLESLAW
pictured on page 66

Our family always liked this old-fash ioned coleslaw best. The cabbage is ver finely shredded or chopped. How I use to dread the job of pushing a whole hea of cabbage through the hand grate then the onion, then the carrots, then th green pepper. I never escaped withou a nick or two on the knuckles. The bes way to deal with cabbage in the foo processor is to use the metal choppin blade. The shredding disc reduces th cabbage to mush, and the slicing blad cuts it more coarsely than I like.

1 medium cabbage, trimmed, quartered, cored, then cut into 2-inch chunks (1½ lbs. trimmed)
1 medium yellow onion, peeled and cut into slim wedges
½ small green pepper, cored, seeded and cut into 1½-inch pieces
2 medium carrots, peeled and cut into 1-inch lengths
⅔ cup mayonnaise
½ cup sour cream
¼ cup India relish
⅓ cup capers
1 tablespoon Dijon mustard
¾ teaspoon dill weed
1 teaspoon sugar
½ teaspoon salt (or to taste)
¼ teaspoon freshly ground black pepper

Pile about 2 cups of cabbage chunks in a food processor fitted with the metal chopping blade; then, with 2 or 3 five-second bursts of speed, chop moderately fine. Empty into a large bowl; repeat until all cabbage is chopped. Machine-chop the onion and the green pepper together with 2 or 3 on-offs of the motor and add to the bowl. Machine-chop the carrots with 4 or 5 five-second bursts of speed. Add carrots to bowl along with all remaining ingredients. Stir well to mix, taste for salt and add more if needed. If coleslaw seems too dry, mix in a bit of additional sour cream. Cover and chill several hours before serving. Makes 7 cups (6 to 8 servings), about 240 calories per cup.

(continued on page 141)

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CHERYL LADD

JUGGLING SANITY AND SUCCESS

Can a successful TV star moonlight as a devoted wife and mother? Yes, says Cheryl Ladd, but her determination doesn't win her too many popularity contests. By Patricia Miller

Behind the glossy poster of a scantily clad blonde, behind the giggles and effervescence she portrays as Farrah's replacement on *Charlie's Angels,* behind the appearance of the dumb and beautiful stereotype that fooled even her husband at first—Cheryl Stoppelmoor Ladd is a determined dynamo. She is bright and she is serious. She wants both career and family and strains not to compromise either.

"I think of myself the same way I did when I was seven years old, walking to school on a spring day thinking I could fly," Cheryl says now, 20 years later. "I was convinced I could fly. So I decided this was as good a time as any. The air smelled sweet; we'd gone through a terrible winter. I put my school books down, put my arms out like I was going to soar and just tore off. It was such a shock that I didn't fly. It was so disillusioning. It was my first loss of innocence, the first thing to indicate that, hmm, it's a little bit of a fight—it doesn't all come wrapped up in a nice little package. Basically, I'm going down the same path I was heading down when I was seven."

In many ways, Cheryl *is* now flying: She is a certified star, she has accomplished her lifelong dream of cutting a record album, she has wealth and, by all accounts, one of the best show biz marriages around. But if she's flying, you can bet she stays "airborne" with much more than just a "little fight."

That fight cuts Cheryl's public image with an unexpected edge—of an intelligence born of struggle, of a self-certainty that can make her an outsider, of a drive, which when frustrated can lead to depression, of a morality not plastered on but built in.

Much of the fight consists of keeping her career and her family in delicate balance and in top-notch shape. That fight almost requires two people.

"There is the home person and the working me, the career me," she explains. Now, dressed in shorts, T-shirt and knee socks, with her hair tied loosely in back ("I get tired of the glamour, the makeup, the clothes. If people only saw me at home!"), she is definitely Cheryl Stoppelmoor (her maiden name). When her daughter Jordan, 4, decides she wants "to marry Daddy" (David Ladd, 32, the actor-producer son of the late Alan Ladd) and the family goes through a mock wedding with Cheryl playing the daughter, she is the home person, as she is when she has a few friends over for charades instead of attending the big Hollywood parties.

But later, when she is about to go to the set of *Charlie's Angels,* when she says good-bye to the two maids in white uniforms, heads to her black Mercedes, the shorts and knee socks discarded for a sophisticated leather pantsuit and cap, she is unquestionably Cheryl, the actress.

"Cheryl has a unique quality," David observes as she drives off. "She compartmentalizes her different lives, as wife and mother and as TV star. Whatever she's doing, she's totally concentrated on it. We might have a fight, for example, but the minute she hits the makeup chair, the fight's gone and it's not resolved until six that night. By the same token, if she has a fight with Kate (Jackson) or the director, she won't bring that through the door either. She's very single-minded."

Jumping back and forth from world to world takes its toll. "It's very difficult for me to hold on to Cheryl the wife and mother day after day when the focus is continually on Cheryl Ladd," she says. We are now sitting in the living room of the Malibu house the Ladds have rented while their own colonial home in Hollywood Hills is being expanded. "I might be having a nice conversation with a girl friend about diapers or children—something I'm really interested in," she continues, "when the phone rings and bam!—it's about who I have to call about the wardrobe thing. It's back to the professional me again. Sometimes it gets me crazy. *(continued on page 93)*



Photograph by Harry Langdon, Jr.

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BEAUTIFUL GERANIUMS—INDOORS



Geraniums may be America's favorite houseplant. Here's how to have year-round bloom, indoors, from the experts, Virginie F. and George A. Elbert.

All the world loves the royal red brilliance of geraniums, with their clustered flowers held stiffly above cool, velvety green foliage. Yet we are asked over and over again, "How can I grow them indoors?" The answer is, "Easily, if you buy the right plants." Only the miniature, dwarf and the exciting new hybrid geraniums make dependable houseplants that bloom year-round. Various other kinds—the scented leaf, variegated and common garden geraniums—simply become leggy and rarely flower in the house.

Miniature and dwarf geraniums are real gems, and once you've grown them, you'll be as entranced with them as we are. Miniatures are no taller than six inches and dwarfs only eight inches, which means a whole collection can fit on a single window sill. These tiny plants, dainty editions of the larger garden varieties, not only come in "geranium" red, but in white, pink, salmon, orange-red and purple; one marvelous group has large, single, pansy-shaped flowers in vivid colors.

Growing them indoors is not at all difficult. In fact it is easier than in most greenhouses because the serious enemies of geraniums—too much water and high humidity—are more easily controlled in the house. The usual pot sizes are 2½ and 3 inches. It is essential, however, to put them in your sunniest window or they won't bloom. But even if they experience a stretch of dark weather and stop blooming, don't despair. With the next bright days they'll perk up and start budding again.

We place the plants in a southern window that we keep partly open on hot, humid summer days or set up a small fan to blow on them. It is not the stems or leaves that suffer from heat, but the roots. The same bright sun that causes the plant to grow and bloom warms up the small amount of soil in a pot beyond tolerable levels. Moving air over the soil causes evaporation and cools it. Packing moist, loose sphagnum moss around the base of the stem also helps. Best of all is an air-conditioned room.

In winter, these geraniums can be kept close to a window where they will be cool by day, but at night, during freezing weather, it may be advisable to move them temporarily farther from the window.

Care and feeding

We advise watering from the bottom, as geraniums are succulent in nature and prone to rot if the surface of the soil remains wet for long, especially during cloudy periods. Let each pot have its own saucer and fill it only after the surface of the soil dries out. As soon as the soil has absorbed enough moisture to show signs of wetness at the top, toss away the excess water in the saucer. We fertilize once every two weeks with 15-30-15 at one-quarter strength and wash out the excess salts that form twice a year with a thorough drenching of plain water.

These small geraniums grow slowly, but the new shoots bearing flowers usually become too long. Cutting back to the joints from where they started maintains a shapely plant and at the same time supplies cuttings for replacements or for gift plants. To start a new plant you will need three joints with a few leaves. Dip the lower end of the cutting in hormone powder and plant in moist peat pellets. Keep above 65° F. in good light but not direct sun; spray every morning and evening so that some drops of water trickle down to soil level, and in a couple of weeks the appearance of new leaf growth will announce the setting of roots. Transplant to 2½-inch plastic pots with saucers or plant them in little bonsai pots.

We find that plants live longer if they are repotted once a year. Shake off some of the old soil from the roots and replace it with new, in the same size pots. We use a mix of 3 parts packaged soilless potting mix to 1 part bird gravel without seeds. Another good formula is 3 parts sterilized garden soil to 1 part peat moss and 1 part perlite or bird gravel. Pack soil firmly.

Of the miniatures we dote on Black Knight, which has luscious single, burnt-orange-red flowers, and Salmon Comet, a lovely bright double.

Dwarfs are easiest

Dwarfs are more varied in size, form and flower color. You will find them even easier to grow than miniatures and absolute knockouts. Here are some of the plants that give us the greatest enjoyment and easiest growing.

Altair. Exquisite frilled double pink and white flowers that last a long time.

Bashful. A compact plant with large, single, pale lavender flowers.

Dopey. One of the larger dwarfs. Vigorous, with clustered scarlet blooms.

Gypsy Gem. The ruffled petals are cherry red against very dark green leaves.

Minx. Double purplish-red flowers.

Prince Valiant. Dark, single crimson flowers.

Sneezy. Big single scarlet flowers with a white splotch at the base of each petal.

Snow White. The collection would not be complete without the lady of the story. White, of course.

Tu-Tone. The flowers have irregular zones of pink and white. It blooms its heart out for us.

Finding plants of these geraniums is a bit more difficult than a jaunt to the dime store. When you shop at local nurseries and garden *(continued on page 175)*

Photograph of Sprinter hybrids from Goldsmith Seeds, Inc.



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The myth

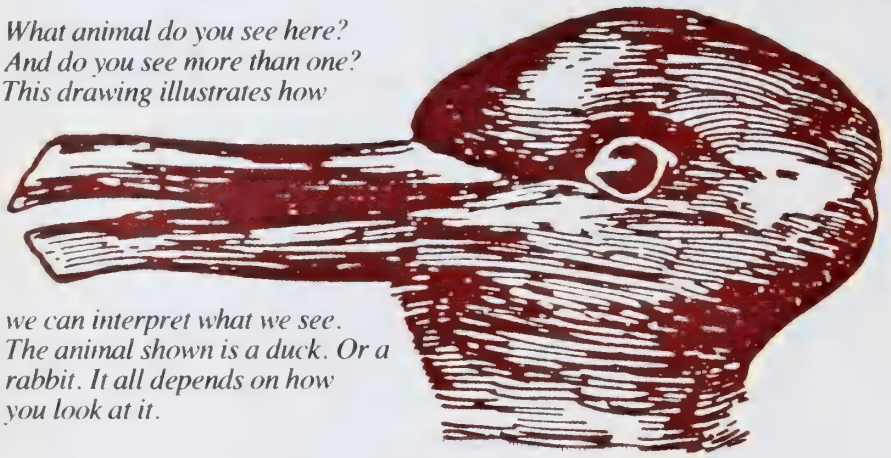
Good vision means more than just passing an eye chart test. Read on. And learn.

Remember the eye chart test they had when you were young? It was designed to tell you whether you had 20/20 vision or not.

If you took the test and were told that you had 20/20 vision, you might have thought your eyes were perfect. But there's a chance that they weren't perfect at all.

The eye chart only tested your distance vision. 20/20 means you can read a series of letters at a distance of 20 feet that you *should* be able to read at 20 feet. But there's a lot more to good vision than that.

Right now about half the population of this country wears corrective lenses of some sort. Many of them can't see properly even though they have 20/20 vision in both eyes. Some have significant vision problems even when they're wearing their glasses, but they don't know it. The lenses they are wearing were just fine a year or two ago. But vision changes. Glasses don't.



What animal do you see here? And do you see more than one? This drawing illustrates how we can interpret what we see. The animal shown is a duck. Or a rabbit. It all depends on how you look at it.



Can you fill in the missing pieces of this picture? A surprising number of people with 20/20 vision can't see the horse and rider.

Munn: *Introduction to Psychology* 5th Edition. Copyright © 1966 by Houghton Mifflin Company. Used by permission.

HOW CAN YOU HAVE 20/20 VISION AND STILL NOT BE ABLE TO SEE PROPERLY?

The human vision system is complex. Many things can go wrong that are so subtle only a highly skilled professional with the most sophisticated scientific instruments can tell there's been any change at all. A doctor of optometry who is a member of the American Optometric Association specializes in the detection and correction of these vision defects.

It should be understood that a vision problem is usually not the result of a disease of the eye. Most often it is the result of something going wrong with one or more of the many parts of the vision system.

Ideally, all these many parts should be working together smoothly and effortlessly. But things can go wrong. Even a person with 20/20 vision could be experiencing some degree of difficulty aligning both eyes quickly and accurately on an object or word, maintaining that alignment keeping both eyes working as a team or simultaneously using the information from both eyes.

It is possible to have 20/20 vision and still be unable to rapidly change focus when following a moving object or when shifting attention from distant object to one nearby.

While you must have good central vision to pass the eye chart, you could have faulty depth perception or poor side vision and not know it.

You might even have a color vision deficiency (commonly called color blindness). Sometimes it is difficult for you to tell.



This is one of a number of tests that help optometrists detect color vision deficiency. The number "74" in this picture is either partially or totally invisible to millions of Americans.

If you have a problem in one or more of these areas, it is possible that your brain is forcing your eyes and eye muscles to maintain clear vision. But it is a mixed blessing. The extra effort may leave you tired, cause headaches, and lead to problems that could have an effect on your work.

of 20/20 vision.



This amazing instrument is called a phoropter. It contains almost every possible lens combination. It can help determine which prescription is best for you.

OW CAN I FIND OUT WHETHER MY EYES ARE WORKING RIGHT OR NOT?

is important that you receive a orough examination to determine w well your eyes are doing their b. A member of the American ptometric Association is a highly illed doctor of optometry.

To become licensed to practice, day's optometrist must have a inimum of two to three years un- rgraduate college education plus at ast four years at a specialized college optometry. Doctors of optometry ho are members of the AOA are tally committed to the ideal that ery member of your family should ceive the best vision care possible.

'HAT CAN AN OPTOMETRIST DO FOR ME?

opefully, the results of your opto- etric examination will show that u have no need for corrective nses. If this is the case, sugges- ns may be made as to how you can practice good visual habits to prevent problems in the future, or keep a minimal vision problem from progressing.

If a vision problem is detected and you are already wearing glasses, your optometrist can update your prescription to make up for the changes that may have taken place in your eyes. If contact lenses are necessary or preferred to glasses, your family optometrist is highly qualified and skilled, through years of education and clinical experience, to provide you with the care and follow-up to ensure a proper fit and healthy eyes. Or a program of vision therapy may be needed or recommended to improve inadequate vision skills.



You should know that besides being able to detect conditions such as glaucoma or cataracts, a doctor of optometry may detect signs of diseases that are not directly related to vision but that show up in the eye. By looking into your eye with a special instrument, an optometrist can see blood vessels and the optic nerve, the only visible part of the nervous system. Among conditions which may be detected by internal eye examination are hypertension and diabetes. When signs or symptoms are discovered you will be referred to your family physician or other health care practitioner if necessary.

WHEN SHOULD I SEE AN OPTOMETRIST?

The American Optometric Association recommends that regular eye examinations be considered a matter of routine preventive care. All children should have examinations by three years of age and regularly during school years. After age 20, you should see an optometrist at least every two years. After age 35 you should have an examination every year, or as often as recommended by your optometrist.

But basically the answer to the question of "when should I see an optometrist?" is "NOW." Your eyes are always changing, and if you haven't had them examined recently, the American Optometric Association urges you to do so as soon as possible. There is a lot more to good vision than just passing an eye chart test. 20/20 vision isn't enough.

Your Family Doctor of Optometry. The person to see. And keep seeing.

American Optometric Association

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A DIET FOR BONNIE FRANKLIN—& YOU

Here's a diet program that "One Day at a Time" star Bonnie Franklin calls "divine—and I don't have to starve myself." Now it's available for Journal readers, from Diet Workshop's Lois Lindauer.

By all conventional standards, Bonnie Franklin qualified as a weight-control success. At 5'3" and 111 pounds, she presented a lovely trim image to her TV audience. But Bonnie wasn't satisfied. To meet her own high standards, she wanted to lose some weight and learn a healthy eating pattern that would keep her energy high. To this end, Diet Workshop designed a diet based on Bonnie's busy life.

The first step in changing an eating pattern—for Bonnie and for you—is to understand the existing one . . . where you are and what you're doing. With Bonnie, for instance, there was the special problem of snacking on carbohydrates before bedtime. One week before going on the diet, we asked Bonnie to weigh herself and then every day keep a record of *what* she ate and *when*. This self-analysis provided key information for Bonnie: "As a result of writing down what I ate, I became aware of just how bad my eating habits were."

Such a record, we've found, is a real eye-opener. Getting in touch with whether or not you're only eating when you're really hungry is an important step away from eating mechanically in response to an event (watching TV, talking on the phone) or an hour (dinner at 6, snack at 11:15).

Bonnie's reaction to her diet was enthusiastic. "It's divine and I don't have to starve myself."

Perhaps you have goals similar to Bonnie's, or maybe you want to lose more weight. In any case, your first step is to assess Bonnie's program in relation to your own life and to your goals and make the necessary adjustments.

Even if you don't star in a television series, YOU are the star of your life. Give yourself top billing and the go-ahead to reach your goal. **End**

BONNIE FRANKLIN'S DIET

This nutritionally balanced diet is based on the portion-control principle with calories counted for you. To lose weight (after checking with your doctor), follow the basic diet as outlined. For faster results, select only the items marked with an asterisk. For weight maintenance, add 200 calories to each day's choices and check your weight at the end of one week. If you've lost weight, add 200 additional calories daily for one week. Add and subtract calories on a weekly basis until weight stabilizes within the range you've chosen.

BREAKFAST:

4 ounces orange* (56) *or* grapefruit* (48) juice *or* any medium sized fruit

AND

1 egg* (80) *or* 2 ounces creamed cottage cheese* (60) *or* 2 ounces tuna* (water-packed) (70) *or* 1 ounce hard cheese—Swiss (105), American (115), part-skim Mozzarella (84)

AND

1 ounce bread—whole wheat* (70), pumpernickel* (74), white* (75) *or* ½ cup cooked cereal (77) *or* ⅔ ounce cold non-sugared cereal (69)

AND

Black coffee*, tea*, as desired.

LUNCH:

3 ounces haddock* (90), sole* (90), scallops* (90), shrimp* (103), tuna (water-packed)* (105) *or* any other fish broiled or baked without butter *or* 6 ounces creamed cottage cheese (180) *or* 3 ounces chicken (114) *or* 2 ounces hard cheese—Swiss (210), American (230), part-skim Mozzarella (168)

AND

1 ounce bread—whole wheat* (70), pumpernickel* (74), white* (75)

AND

All you want of low-carbohydrate vegetables such as lettuce* (9 calories per cup), asparagus* (29 calories per cup), cucumber* (20 calories per cup), mushrooms* (16 calories per cup), peppers* (22 calories per cup), string beans* (37 calories per cup), spinaeh* (9 calories per cup) and zucchini* (18 calories per cup)

AND

Fresh fruit serving of 2" wedge of honeydew* (58), ¼ pineapple* (40), ½ cup berries* (45), medium tomato* (35), ½ cantaloupe* (58) *or* any medium fruit. This fruit serving can be saved as a snack.

AND

Black coffee*, tea*, Sanka *or* diet beverage* as you desire.

DINNER:

6 ounces cooked fish* (as per lunch 180-206) *or* chicken* (228) *or* turkey *or* other broiled meats. Limit beef (381), lamb (317), ham (318) and pork (345) to three times weekly.

AND

All you want of the low carbohydrate vegetables as per lunch (steamed, cooked or raw)

AND

½ cup beets* (33) *or* Brussels sprouts* (28) *or* peas (58) *or* carrots* (25) *or* winter squash* (39) *or* tomatoes* (28)

AND

Fresh fruit servings as per lunch. This fruit serving can be saved as snack.

AND

Black coffee*, tea*, Sanka* *or* diet beverage as desired

IN BETWEEN OR WITH MEALS

Two servings of the following:
8 ounce glass skim milk* (90)
6 ounces plain yogurt* (114)
⅓ cup ice milk, plain flavor (70)

AND

1 tablespoon diet dressing (20)

Photograph by Tony Esparza

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Just dampen the shelf, and press it into place. You can even move it around till the adhesive dries.

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Without peeling. Without scraping. Without a sticky mess.

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RUBBERMAID SHELF LINER
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How to Get a Good Night's SLEEP



If you're not sleeping enough—or if you *think* you're not sleeping enough—these experts' advice may just set your mind (and body) to rest. By Joann Ellison Rodgers

Next to problems of the lovelorn and the difficulties of child-rearing, few topics command more attention from women, or generate more questionable advice, than the search for a good night's sleep. The reason? The simple arithmetic of epidemic desperation.

Insomnia (literally, "not sleep") plagues an estimated one out of every three Americans over the age of 15. The approach of middle age almost guarantees bouts of sleeplessness or multiple nightly awakenings. And any one of a dozen common medical conditions—including a few only recently recognized—may cause restless nights for women at some time in their lives. Statistics further show that even physically healthy, active wives and mothers, pressed by modern stresses and accompanying depression or frustration, fight nightly battles with the bedclothes.

The peak of perfect sleephood probably occurs when most people are in junior high school, according to Stanford University psychiatrist and sleep researcher William C. Dement. It's all downhill from there.

Determined to recapture those early years of deep slumber and bright-eyed mornings—and convinced that it's possible—women wade bleary-eyed through a flood of "prescriptions," from boiled lettuce compresses and warm milk to yoga, sex and water beds.

Sometimes what they have been told will help *does* seem to help. So they swallow aspirins, vitamins, yogurt, and alternate warm baths with cold swims. They try climbing into bed the moment they're drowsy, or postpone sleep until the same time each night. They buy custom pillows, orthopedic mattresses and open their windows to the cold night air then turn on electric blankets. They count sheep, consult psychiatrists or learn to meditate.

And most of all, they—and their fellow insomniacs—gulp sleeping pills, in spite of consistent evidence that barbiturates and tranquilizers can be dangerous and, for the average insomniac, don't work.

The frantic pursuit of Morpheus, according to Dr. Dean Foster, professor of psychology at the Virginia Military Institute's Sleep Research Foundation in Lexington, "is in itself enough to keep anyone up nights. Conquering insomnia, or what people think is insomnia, is a new American pastime."

The fact is that good advice for overcoming or preventing insomnia does exist—a result of ten years of research into what sleep is, what it isn't, when we need it, under what circumstances and for how long. And a small group of full-time professional somnologists, members of the Association for the Psychophysiological Study of Sleep, has begun to bring the findings out of the labs and into the front lines of red-eyed, sleepy individuals who "didn't get a wink last night."

More than a dozen specialists, many of them members of the Association, were consulted by the *Ladies' Home Journal*. They told us that a safe, successful journey to Nod begins with "sleep sense," factual knowledge of the process we call sleep and a proper burial for some widespread misconceptions. Some samples:

Everyone needs sleep. TRUE. A documented case exists of a Spaniard who never slept (or even yawned) for 60 years, and a few men and women are known to thrive on 90 minutes of sleep a day. But lack of sleep for a period as short as 60 hours can produce dangerous psychological and physical symptoms, and even a night's missed slumber dulls perception, reduces neurological reaction time and memory, impairs judgment and increases feelings of hostility and depression.

Everyone needs eight hours of sleep. FALSE. Just as sleep requirements differ among animal species (some gorillas and cats sleep 14 hours out of 24, most elephants only two), so do the requirements of individuals within a species, whether they are physically active or sedentary. "The *natural*, and I repeat *natural*, range of sleep for normal human adults is five to ten hours," says sleep specialist Dr. W. B. Webb of the (*continued*)

Photograph by J. Fredrick Smith

Unretouched photograph.

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SLEEP

continued

University of Florida in Gainesville. "One in a hundred people needs five hours and one in a hundred ten. The average is about seven and a half hours, which means that half the population needs more than that and half less." Although Napoleon Bonaparte and Thomas Edison managed on four hours of sleep a night, they were extremely rare individuals.

"Short" sleepers may be better off than "long." TRUE. Dr. Ernest Hartmann at Boston State Hospital's sleep lab found that individuals who slept less than six hours a night were likely to be smooth and efficient, extroverted, decisive, ambitious and self-confident. Those who regularly needed more than nine hours of sleep were rebellious, opinionated, critical, chronic worriers, insecure, anxious and indecisive.

Sleep is passive for the body and mind, a time when everything slows down or stops. FALSE. "Sleep is an active process, not a passive deadness," says Dr. Webb. "A look at normal sleep patterns shows almost constant change and activity. Body temperature falls, the pulse slows, muscles relax." And Dr. Allen Rechtschaffen of the University of Chicago has shown that during some stages of sleep the brain emits electrical impulses faster and more intensely than during waking periods.

Young-adult sleepers, the most efficient sleepers, are in a Stage I slumber, the scientific name for the period when sleep begins to take over from wakefulness, only five percent of the time. Half of the time they're in Stage II, or medium-deep sleep, with brain waves enlarging. Then, for about eight percent of sleeping time, they're in Stage III, the deepest sleep of all, before entering Stage IV, or light sleep. In this stage they move and turn up to 50 times a night and begin "REM," or dream, sleep, in which great amounts of electrical energy are discharged. These cycles occur *throughout* the night every 90 to 100 minutes, and their proper sequence is crucial to refreshing slumber. Sleep is a busy time.

There is a "right" amount of sleep for everyone. TRUE. Quality of sleep is more important than the number of hours spent in bed. "The real way to tell if you've had enough sleep," says Dr. Webb, "is to consider how you feel when you wake up. If you feel refreshed and able to get going, it's enough."

Insomnia is purely psychological. FALSE. At a conference on sleep disorders in New York sponsored by the Albert Einstein College of Medicine and the Upjohn drug company, scientists reported that asthma, arthritis, angina pectoris, ulcers, migraine, Parkinson's disease, thyroid disorders, alcoholism and drug addiction all produce "secondary" insomnia. In addition, the body often responds hormonally to life crises in ways guaranteed to prevent sleep. "I promise you that if you have a tiger in your room—real or imagined—the 'fight or flight' hormones you secrete won't let you sleep," Dr. Webb notes.

According to Dr. Dement, three recently described "primary" sleep disorders, which are disorders that can't be traced to specific physical or emotional causes, may also result in insomnia: nocturnal myoclonus, a patterned jerking of the legs that awakens sleepers; sleep apnea, a frequent cessation of breathing that awakens the sleeper; and disturbances of natural biological rhythms, such as those caused by jet lag.

Many women have pseudoinsomnia. TRUE. "Although every insomniac we see in our clinic comes to us desperate to get out of the living hell of sleeplessness," says Dr. Dement, "the severity of their complaints has absolutely no relation to the amount they sleep in the laboratory." This surprising fact has been confirmed by many researchers, including Dr. Cheryl E. Weinstein, a Cleveland Clinic physician and sleep disorders expert. She says studies comparing subjective reports by insomniacs with brain-wave recordings of sleep patterns found that patients complaining of chronic sleeplessness "consistently overstated" the amount of time it took them to get to sleep and underestimated the length of time they slept.

Women have insomnia more often than men. FALSE. Women may be highly susceptible to "secondary" insomnia but, in general, they actually sleep better than men do.

Too much sleep is dangerous. TRUE. "No question that there's a powerful relationship between how long you say you sleep and mortality," says Dr. Rechtschaffen. According to research conducted on hundreds of thousands of Americans, people who say they sleep nine or ten hours or more are far more prone to strokes and heart disease than "short" sleepers. (For women, the heart-attack death rate was 89 percent higher among those who slept more than ten hours a night than among those who slept seven hours or less.)

Studies of students conducted by Dr. Gordon G. Globus of the University of California report that people who sleep too late in the morning—the typical "Sunday sleeper"—may wake up feeling lethargic, exhausted, depressed and headachy. "Too little sleep is detrimental to human functioning, and so is too much sleep," he says.

Obviously, sleep is no longer the mystery it once was, and scientists believe we all worry too much about how much sleep we get.

"Sleep is a natural, inherent biorhythmic system, which, if given permission, *will work*," summarizes Dr. Webb. "But we insist on doing things other than sleeping when our bodies tell us it's time to sleep. We don't listen to our inner signals. We get into bad habits. We fight going to sleep, and then we fight getting up. And then we call it 'insomnia.' "

"I'm convinced," adds sleep researcher Dr. Althea Wagman of the Maryland Psychiatric Research Center in Baltimore, "that there is no specific physiological basis for insomnia at all. We do have a rest-activity cycle but because we can't rest the way other animals do, and we are anxious about it, we have 'invented' sleep." Then, when we fail to sleep on the schedule we ourselves have set, we worry about insomnia. "Behavior modification or habit training is the answer to most insomnia," she says.

Just about all sleep researchers agree with Dr. Wagman that insomnia is not a disease in itself, but a sign that something physical, emotional or behavioral is preventing a normal, cyclical mechanism from operating. The causes may range from interference with the producing of naturally occurring brain "sleep" chemicals to too much caffeine, the wrong bed, a migraine headache or lack of exercise.

Fighting insomnia

Much insomnia is, according to Dr. Webb, "benign." It's not a serious threat. For people whose wakefulness needs a little first aid, somnologists offer these tested tips:

- 1. Make sure you really do have a sleep problem. Place a lighted clock near your bed, and keep a sleep log for a week, marking every time you nap, when you go to bed and each time you wake up. Note how long it takes you to get to sleep and how much total sleep you got, what may have upset you during the previous day, how you felt in the morning and whether you were able to accomplish your daily activities. The results may be very reassuring.
- 2. Get a check-up. Make certain you have no hidden medical condition to account for sleeplessness or for feelings of fatigue during the day. Your doctor should discuss your daily schedule, any drugs you take, your emotional condition and diet to root out possible causes.

"Be very suspicious of any doctor who just says, 'Mmm-mm-mm, so you can't sleep? Here's a prescription for a pill,' " says Dr. Foster. "Please forget the pills. They can wreck normal sleep and usually will if used regularly." They suppress central nervous system activity, but they do not permit the natural, vital stages of sleep to *(continued)*

It comes to some as a rich, lingering moment
and maybe it can to you.
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SLEEP

continued

occur. Insomnia is *not* a disease, and sleeping pills never cure it.

Recent research by Dr. Anthony Kales of the University of Pennsylvania, reported in the *Journal of the American Medical Association*, found that patients taking sleeping pills for months to years still suffered from insomnia.

• 3. Don't be afraid of a temporary period of insomnia. "Phobic insomnia" occurs when individuals, afraid they *can't* sleep, make their fears come true. "When you're tired enough, you'll sleep. That's a promise," says Dr. Webb.

• 4. Pay attention to your own sleep cycle. *Avoid* rotating shifts at work (already outlawed in Great Britain), which sabotage natural biorhythms. Learn when you sleep best and go to bed then.

• 5. Establish a nighttime ritual, and retire at the same time every night. One man spent the last half-hour before bedtime wandering about the house checking each of the doors and windows two or three times. His wife thought this was a waste of time, so he stopped, got right into bed and "saved" that half-hour for sleep. Result: insomnia. "Wandering" provided him with a "winding-down" time, a ritual set of signals that said, "Now it's time to sleep." Learn from his experience. "Whatever winds you down," says Dr. Webb, "do it."

• 6. Avoid heavy exercise and heavy meals before bed. Both excite too many hormonal, metabolic and circulatory events that interfere with "winding down." Love-making, if you usually find it a tense or unsatisfying experience, may do the same.

• 7. Avoid "replacement" naps. There are two kinds of naps: The 15-to-20 minute "catnap" (President John Kennedy was famous for them) that refreshes and restores is okay occasionally; but replacement naps, deep-sleep periods, taken in a state of daytime exhaustion after a sleepless night, are rotten. The napper awakens feeling worse than before, and the individual sleep cycle is further interrupted. If you miss a night's sleep, bite the bullet and stay up until your regular bedtime.

• 8. Try to establish a bedtime cycle that starts when you're most tired, and stay out of bed and the bedroom if you can't sleep. Dr. Richard R. Bootzin, a Northwestern University psychologist, says insomniacs who fight their sleeplessness in bed eventually come to identify bed with misery.

• 9. It may seem unromantic, but if you're an insomniac, and you're married, try a separate bed. Says Dr. Webb: "After a long series of studies, I'm prepared to bet that anytime one person moves in a double bed, the other person in it will move within 12 seconds."

• 10. Keep it quiet and dark. "Quiet, quiet, quiet. I can't say enough," says Dr. Foster. "Through the ages, we have needed nighttime quiet. All animals do."

• 11. Try "white noise." The hum of an air conditioner, or one of the special bedside machines that produce soft rustling or "shooshing" noises, *can* induce sleep. Intermittent noises—such as dripping faucets and alarm clock "tocks"—are sleep wreckers. (A glass bowl over your alarm clock keeps it quiet.)

• 12. Choose your bed carefully. "Beds should cradle you and cancel the undue effects of gravity and immobility," says Dr. Foster. "You must be able to move easily. Gravity is the greatest enemy of sleep, along with poor circulation. Reduce gravity and pressure and you'll sleep better." Water beds, because they aren't rigid and reduce surface-to-surface tensions, are excellent when used properly, he advises. Platform beds "are torture instruments."

• 13. Get horizontal. It may seem elemental, but featherbeds, hammocks or too-hard mattresses that prevent horizontal mobility are poor sleep surfaces.

• 14. Watch the temperature and humidity. Ideally, you should go to sleep

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arm and then, as body temperature rops, experience an accompanying re- uction in outside room temperature. Warmth helps to relax muscles and pro- uce drowsiness. But overheating and xcessive dryness from high tempera- ures interfere with sleep.

Dr. Donald A. Dukelow, of the merican Medical Association's Depart- ent of Health Education, claims that a oderate temperature (60-65°F.) and latively high humidity make for the est sleep environment.

15. Watch your diet. Coffee, cola, a and chocolate all contain caffeine, stimulant. On the other hand, foods ntaining tryptophan, an amino acid at is a precursor of a natural brain dative, may help. Psychologists Althea agman and Clinton Brown of the aryland Psychiatric Research Center d tablets of pure tryptophan to insom- acs 20 minutes before bedtime and und that the tryptophan shortened e time it took to get to sleep by 50 rcent. Cost: about 50 cents a pill. oods such as cheese and milk contain yptophan, so Grandma's prescription r "warm milk" at bedtime wasn't far f the mark.

16. Drink alcohol sparingly. It is a dative, but it can make sleep fitful d shorten the important "REM" ages.

17. Try some "mind games." Count- g sheep, planning a cross-country ip, recalling a nice day, plotting a vel—all work to distract people from ily worries and the inability to sleep.

18. Use proper accessories. Pillows ould hold the head on the same plane the shoulders. They can be hard or ft. Get rid of hard hair curlers.

19. Forget sleeping pills, and that in- udes barbiturates and major and mi- r tranquilizers. Dr. Foster says that ey "numb and dumb" you and "knock t" brain cells. Sleeping pills primarily terfere with psychologically restful REM" sleep. "You sleep unnaturally d create exhaustion rather than en- urage recuperation of the body's func- ns," Dr. Foster says. Avoid over-the- unter, non-prescription sleep aids un- ss a doctor prescribes them. They have ngerous side effects, can be addictive d quite often don't work.

20. "Stop counting the number of urs you're asleep," Dr. Foster advises. ay more attention to what you do hen you're awake. Life is too exciting r sleep. I *pray* for insomnia."

Perceiving sleeplessness as a plus ay be too much to ask of most insom- acs. But it's almost certain that sleep s been vastly overrated by a leisure- ving society with time on its hands. leep, riches and health," noted author an Paul Richter once said, "are only ly enjoyed after they have been in- rrupted."

End



Read why women like you use Agree to help stop the greasies.



Maureen McAloon, Staff Supervisor:

I tried everything, all kinds of shampoos, but some left my hair feeling kind of greasy. Agree Shampoo helps stop the greasies for me. It cleans away the grease on your scalp so you're not combing it through your hair. I have a whole cabinet full of shampoos I'll never use again.



Agree Shampoo and Agree Creme Rinse & Conditioner both work to help stop the greasies.

That's because Agree Shampoo cleans your hair beautifully without leaving a greasy feeling. And Agree Creme Rinse & Conditioner is 99% oil-free. Neither one leaves a greasy coating on your hair. Just full body, shine and manageability.

Read what women say. Then see for yourself how Agree helps stop the greasies.

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Nicolette Owen, Tour Coordinator:

I've been devoted to another creme rinse, used it for years and years. But Agree Creme Rinse is superior. It rinses out so thoroughly, your hair doesn't feel like it's coated with oil. Agree leaves my hair so manageable, soft and fresh-smelling.

Nadine Martello, Secretary:

With the shampoo I used to use, my hair would start to get greasy. And my creme rinse gave my hair that heavy feeling like there's something greasy in your hair. With Agree, there's no greasy feeling. They both work, so I use them both.



Shouldn't you try Agree?

CHERYL LADD

continued from page 78

"You can't be rude and say I'd rather not talk about me, ıt I do get tired of talking about who Cheryl Ladd is. You ɔn't get a chance to learn, to grow when everything is cused only on you."

Cheryl often refers to what there is to learn and how she n grow. It's a quality that keeps her vision refreshingly rger than her own stardom. She has a realistic hold on what ırdom is. "Your hair is done for you, your makeup is done r you, coffee is brought to you," she says. "It's like a car on e showroom floor. While the car is on the floor it is well ken care of because it is a product. But when the car is iven out of the showroom, all that care and attention is ıt there anymore. It's tempting to take the attention and the ·oking because you work very hard and it's appreciated. ıt if you think that's reality, if you start to think that it is ıat you automatically deserve—well, that's when people t confused and bent out of shape.

"You keep your bearings by the little things—when some-ɔdy brings you coffee, never forgetting to say thank you. ɔu'd be surprised how many people expect it to be brought them.

"Success is a strange creature. It's like a siren, so alluring, attractive. But when you get near it, you see there are a of rocks and some are not good for you as a growing hu-an being."

She credits her sure footing through that rocky path to her sband, who, during the course of the interview, she men-ns repeatedly. "I would not be where I am at this moment it wasn't for David," she says. "He's seen this business ɔm many sides."

"Because of my involvement in show business, I think heryl has had a unique viewpoint of Hollywood," explains avid. "When I met Cheryl, she really didn't know what ollywood was all about. For instance, she was wearing lse eyelashes because she thought that's what stars do. I id, 'No, Cheryl, that's not what stars do.' "

Cheryl undoubtedly feels a debt to David, but it is more ian that. "We have one of the most liberated relationships—ivon't even say marriage—I know of," she says. "It's always owing, changing and being tested."

But to reach that fluid state also involved a struggle. "It ɔk us a long time to get there," Cheryl says. "It was a ·ky road."

Boundaries

In addition to the usual quarrels a young couple has, in heryl's words, "to find out who we were as individuals and ıat the boundaries would be," there were the stresses in-lrent in most celebrity marriages. For starters, David unted her out of show business. "I was a big enough jerk to y, 'I want you to give up your career and be a housewife,' " says now. "She said, 'Okay, I'll do that, but I want you to derstand that what you fell in love with was me, a singer d actress.' She's crafty. She let me think I was getting my ıy. But she was right."

On the other hand, they've had to deal with what they say David's undeserved title—that he is only a "househusband." does get up with Cheryl at 5:30 A.M., sometimes makes r coffee while she gets ready and drives her to work, but ly because in her 12-hour working day it gives them some e, quiet time alone.

"He isn't a househusband at all," Cheryl says vehemently. le is working constantly. But I am so visible and so much the news while he is not, that all of a sudden we are d to have a lifestyle that is nonexistent. The fact that, a man, he can so strongly support and accept what has ppened to me is something people can't always under-nd "

(continued)

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CHERYL LADD

continued

David genuinely does not seem to be jealous of Chery skyrocketing career. "When somebody in my family is becoming famous, *then* I start to worry," he jokes. (H brother, Alan Ladd, Jr., is also famous—he's the producer *Star Wars.*) But David—who has turned down several ro because they would take him away from his family—is willi to let his career suffer so hers may flourish—though they do look at it that way. "We are a team," says Cheryl. "We do together. When you think in terms of *we* are making and are developing, it's much easier to keep the rest in p spective."

Their togetherness was consolidated with the birth of J dan in 1975. "Once you bring a life into the world, y change," Cheryl says. "We grew up enormously, we shar so much. David even shared the pregnancy with me. He h psychosomatic labor pains."

Cheryl embraced motherhood with the same drive and e thusiasm that has fueled all her ventures.

"From the moment Jordan was born I would always bat her and massage her and talk to her, make her feel t comfort of someone being there. We were always commu cating. Today she has the vocabulary of a nine year old a she's only four," Cheryl boasts. In fact, she often brings J dan to the *Charlie's Angels* set in order to spend more ti with her daughter.

What Cheryl has been driving for and what it looks li she's getting is a family life as good as the one her paren who she phones once a week, gave her. "I have a good re tionship with my husband because my parents had such good, equal relationship," she says.

Her father, a railroad engineer, and her mother, once waitress, had little money while Cheryl, the second old of four, was growing up in Huron, South Dakota. Th were so poor that the children "were literally bathed in a tub in the kitchen," Cheryl recalls. "But they struggled a their love seemed to overcome the problems. When he tra eled she would always tell us how wonderful he was and h lucky we were to have him for a father. Her love for him w written all over her. And when he came through the d after days away, he immediately went to her. The love a respect were returned. They were a team."

Knew she'd be a star

While her poverty-stricken childhood may have added her determination to fly, to become a star, the desire see to have had a life of its own. Cheryl says she knew she w going to be a star at age three. Three? "It was a very stran thing, I know," she says. "But when I was three I was pla ning it and I never really doubted it would happen."

She allowed for few games, few frivolities. Dennis Deck Cheryl's high school drama teacher, remembers her as "ve mature, very hardworking. But I wanted to say to her, 'Do you ever want to just goof around?' "

Actually, she didn't. While other kids were "flipping t loop," driving around the circle at the end of Huron's ma street, Cheryl was taking dancing lessons, singing lesso anything she could get her hands on in the small midweste town (pop. 15,000).

To pursue her dream, she suffered in the day-to-day wor Though she was a cheerleader, good-looking, a girl who, h friends remember, "could get all the boyfriends she wanted Cheryl was not in the "in" crowd. She was, in fact, somethi of an outsider. Being pretty and "having a chest before t other girls" didn't help, recalls Cheryl, who learned to ca her school books in front of her. But it was more than a pearances.

"Because I was so sure of what I wanted, other ki were intimidated by it and hurt my feelings. *(continue*

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CHERYL LADD

continued

They'd say things like 'who does she think she is?' and 'what a show off," says Cheryl. She defends her behavior then as if it were today. "It wasn't an ego thing," she says. "I sang and entertained because I loved it. It made me happy."

Cheryl's adolescent experience taught her a social reserve that in some ways she still carries with her. "I wasn't sure of how people were going to think of me, so I just sort of backed off," she says. "I protected my dream because people were attacking it."

At 16, Cheryl became the lead singer for a jazz trio called The Music Shop. Instead of college, she spent three years small-town hopping with the group, which finally broke up in Los Angeles. Thus began what she calls, somewhat sarcastically, "my eight-and-one-half-years 'overnight' success.

"I came out here strictly as a singer," she emphasizes. She only turned to acting—then it was commercials and bit parts—when she couldn't find work as a singer. For a born overachiever like Cheryl, these were the most frustrating years of her life. Susan Sheridan, a roommate at the time, didn't think it was all that bad. "Things just went more slowly than I wanted," she says.

Open, naive and green

But for Cheryl, those were "razor-blade times," she says. "I was holding on, boy. I came out here and I was so open and naive and green. Everyone was testing to see how strong I was, how moral I was. I mean people figured I would be pleased to sleep with them for a part. It was appalling to me. It just isn't worth anything to work all your life to get somewhere if you're going to know when you arrive that you've compromised and compromised to reach that goal," she says. "If you get there and the three year old or seven year old who danced her heart out isn't there, if that feeling isn't there anymore, then what's it all for?"

It was in 1971, while making a now forgettable film, *Jamaica Reef*, that she first met David Ladd, a fellow actor in the movie. She remembers meeting "someone very special, very warm," she says. "In a strange way, he is very similar to my father." He remembers meeting a "stereotypical blonde" at least on the surface, and feeling "surprised" when she didn't act like one. They fell in love and lived together for a year and a half before they married in 1973.

Cheryl's period of depression, during which she gained 25 pounds, was over, but it left some scars: The whole time we talk, Cheryl alternates between smoking and eating an entire pound of chocolates. Cheryl Ladd, the one with the 5'4", 102-pound, 35-23-34 figure? "Sometimes I go on binges," she explains a bit sheepishly. "I eat, then I feel guilty, then I'm good again." She quickly takes that dark side of her and puts it out into the light. "I walked on to the set the other day and announced, 'Angel dies of chocolate overdose—film at 11 P.M.' "

Chances are she did not make the announcement to her co-stars, Kate Jackson or Jaclyn Smith. It's no secret that it's not exactly heaven between Cheryl and the other two Angels. "But no one has been openly rude to Cheryl," says a member of the production team. "And, even though she isn't that close to Kate or Jackie, she's learned to make the best of it. She doesn't feel that she's one of them and doesn't force herself on them. In between scenes you'll find her talking to her husband or little girl, talking or singing to the crew, or just studying her lines.

"Cheryl is closer to the crew than she is to the other Angels. She has had to develop relationships with the 'little people'—stagehands and cameramen. The crew feels comfortable inviting Cheryl and David over for lunch—something that would never happen with Kate or Jackie." It's as if Cheryl's high school status of being talented, being a hardworker but something of an outsider is now mirrored as an adult in *Charlie's Angels*. Cheryl will only say, "I don't compete with any other person on TV—man, woman or child. I am not in a popularity contest. I am a professional there to do a job, to be the best Cheryl I can be."

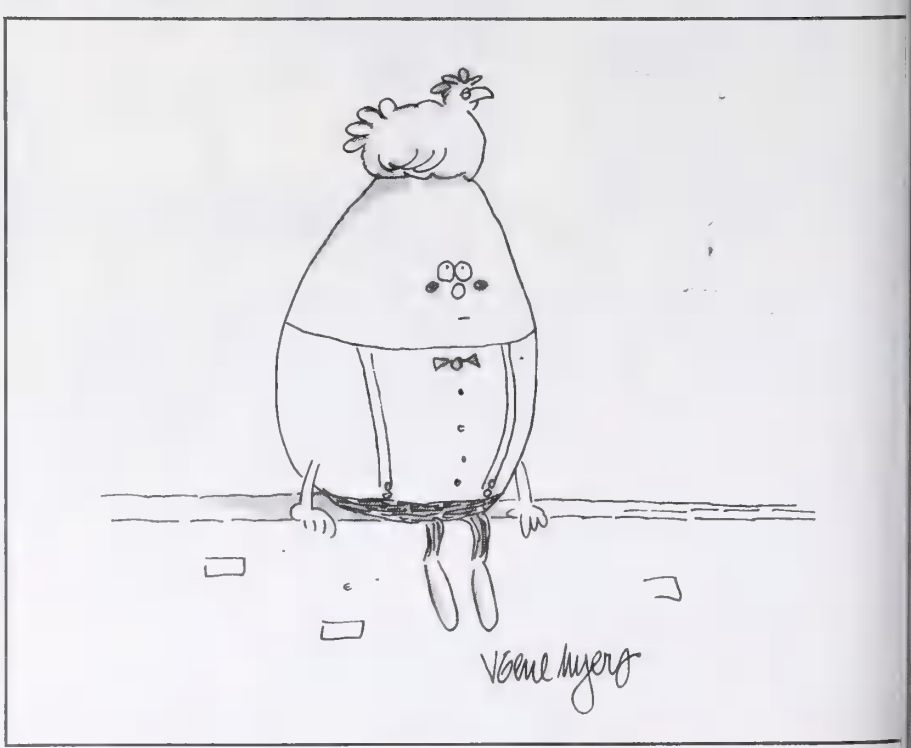
Cheryl's upbringing, including her period out of the "in" crowd, enables her to cut herself off from both the frivolous and painful aspects of being a star. "I was taught at an early age that you make your own life. You make your own happiness, your own unhappiness," she says. "My philosophy is that what you put out comes back to you. I firmly believe that."

Cheryl also has a belief, rare in Hollywood, that after taking you give. "TV has done wonderful things for me. It has given me enormous opportunities, and now it's time to give back. David and I are trying to do a project on child abuse. We hope it will be a Movie of the Week."

This is in addition to an ABC variety special in April that Cheryl will star in and David will help produce and, what she's most excited about, her album, which made the charts. "It's a lifelong dream come true," she says, not at all afraid to sound corny. "It was just great. I'm a recording artist. They're taking me seriously. I want to make a lot of records. I want to do concerts."

As she speaks, you see the little girl of three or seven singing on the front porch, pretending it's a stage, trying her best to please, to imagine the applause. Then you see the grown woman with a little child on her lap still trying, still fighting, but finally learning the hard way not to try so hard.

"I am a perfectionist. I want it all to be right. I give enormous energy of myself to make it go right. But I've finally come to the conclusion," she says, "that I don't have to know everything. I've gotten off my own back. I am quite bright, responsible and basically a good person. I can like myself. I can have a career, a husband and children. It's not easy, but it's possible." She smiles. "I keep pinching myself." **End**



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Who's Maura's Grandma and who's her Mother?

(Try to guess from their hands.)

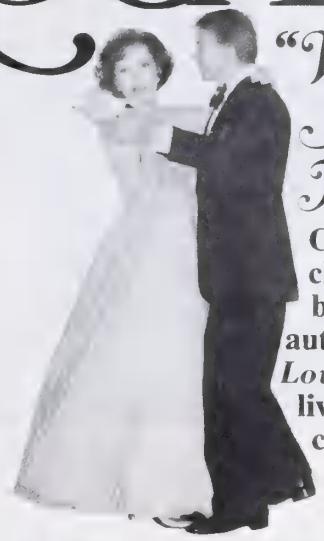


Maura Griffin has the youngest looking hands in the family. But then she's only three. When it comes to her mother, Kathleen Griffin, and her grandma, Dolores Gibbons, it's harder to tell who's who. They both have such young-looking hands. They both do lots of dishes, too—with Ivory Liquid. They say it's the mildness that helps their hands stay young looking. Ivory Liquid's been that gentle to their hands.

Aside from Maura, can you guess who's who from their hands? Take a guess. Then turn to page 181 to see if you guessed right.

Mild Ivory Liquid helps hands stay young looking.

ROSALYNN



"When Jimmy Carter Married Her, He Married Magic"

Can a wife who is her husband's chief adviser—and most ardent admirer—be her own woman as well? By the author of *Jenny* and *The Woman He Loved* . . . an intimate look into the lives of Washington's most romantic couple—the President and his First Lady.

By Ralph G. Martin

You enter through the southwest gate, the family entrance, and the guard checks your name and identification. The driveway is long, curving, slightly uphill and flanked by high hedges. On your right, suddenly, there is a large, open, sloping lawn. If you know where to look, you can see a child's swing and a tree house. On your left is the home. It's not as massive as you might imagine, but elegant and dignified.

As you exit from the elevator on the second floor, the host and hostess are quick to greet you. He seems surprisingly fit, eager, almost younger than you may have expected. Both look directly at you when they talk. She has that shade of shyness that makes her immediately, interestingly attractive. The people in Plains, Georgia, describe her as "neat, pretty, smart and reserved." She is much more. Behind her warm smile, you can see verve, intelligence, curiosity, a calm core and strength. Not toughness, which implies callousness, but firm determination. A slender size six (118 pounds), with high cheekbones, brown, fluffy hair, eyes that change color with her mood and dress, she does not seem what she is: the Cinderella small-town beauty parlor attendant who is now one of the most powerful women in the world.

The host and hostess, his arm around her waist, guide their small group of guests onto the open balcony. The affectionate bond between these two is obvious. They constantly touch, hold hands, hug, kiss, search each other's face. "When she goes off somewhere for a few days, he just has a long face around here," an aide says later. "And when she comes back, that day, he'll be like a little boy—so excited to see her. I'm envious of them . . ."

Cocktail conversation on the balcony is almost typically suburban; it touches on vacations, books, children, current events. Her voice is so soft and musically southern that you lean toward her to catch her words. She talks of the family's raft trip down the wild Salmon River in the rugged Northwest—the utter peace and beauty of the scene, the thrill of riding the rapids, the fun of fishing.

"Jimmy, how many trout did we catch that last day?"

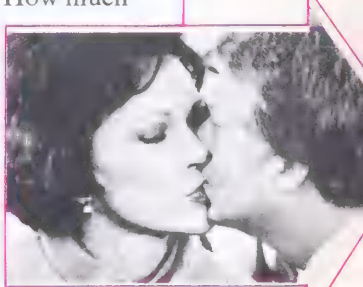
"Fifty-seven."

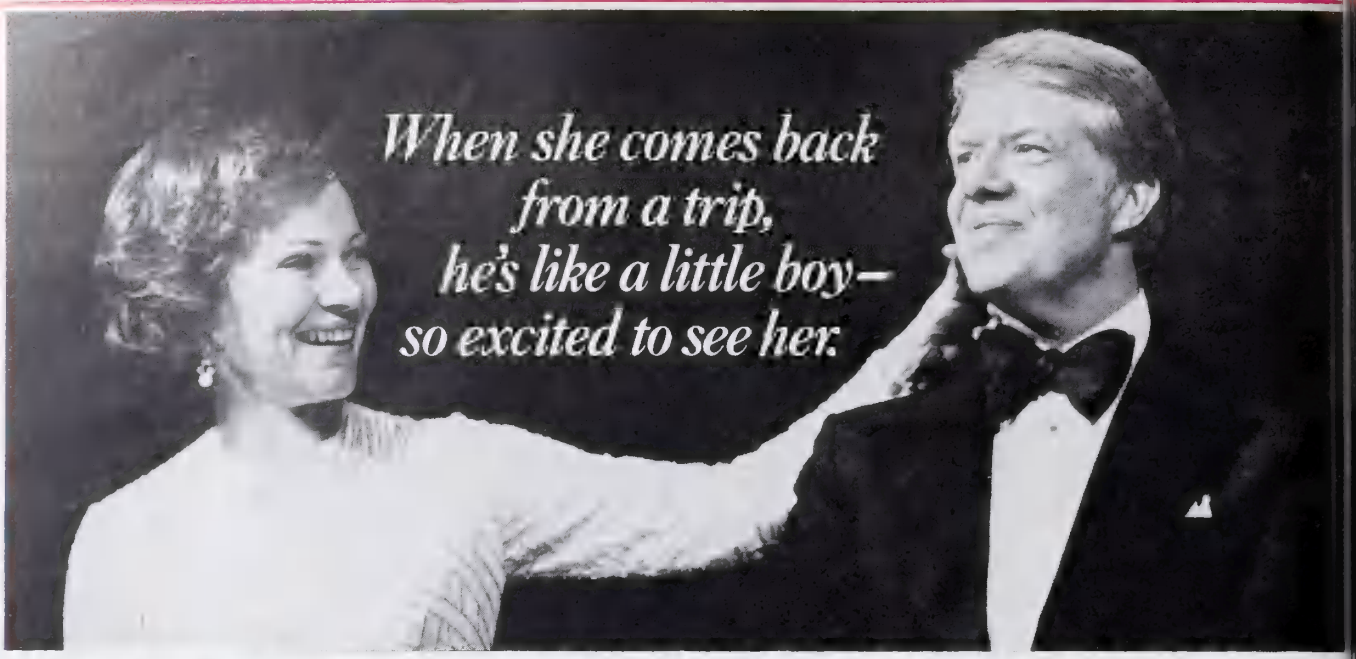
"And we threw them all back," she says, her eyes twinkling.

She has an easy laugh, and it comes often.

As the talk turns to books, she notes that she is reading Irving Stone's *Immortal Wife*, the story of President Andrew Jackson's wife, Rachel. She and Jimmy enjoy reading, she says. When they were young marrieds, they had taken a course together on great books and, more recently, a speed-reading course. At one time, both had memorized a lot of Shakespeare.

He has said of her that she is almost a perfect extension of himself, a full and equal partner in his political life. "Nobody knows me as well as she does." How much influence does she have on him? "I would hate to admit how much. . . . I share almost everything with her. . . . There is very seldom a decision that I make that I don't discuss with her, tell her my opinion and seek her advice. . . . On matters where





A squeeze of the hand, a hug, a pat on the cheek—Rosalynn and Jimmy Carter's love for each other is as unmistakable as it strong. Their marriage is a love match and *a political union; she's probably his closest, most trusted adviser.*

her knowledge is equal to mine, she prevails most of the time. . . . I think she understands the consciousness of the American people perhaps better than I do. . . . She has a mind of her own, a strong mind and a good mind. . . . I sometimes write in a way that isn't as simple as it should be . . . so I don't mind her criticizing my speeches—even if she does start coming up with changes before I've reached the end of the first paragraph. . . ."

She's wearing a brown silk dress with a shawl collar. It's stylish, simple and becoming. A trace of lipstick is her only makeup. She surely looks much younger than 51. Of the facelift rumors, she explains, "I've always had problems with my eyelids and I had a tiny operation on the corners to clear it up."

The sun is setting, highlighting a spectacular view of the Jefferson Memorial and Washington Monument in the distance. The silence of the scene wipes out any hint of a surrounding city. And a guest remarks, "It's almost worth being president of the United States, just to have this view."

She and Jimmy enjoy this scene often, she says; in fact, they dine out here when the children are away. She says that Amy's bedroom is on this second floor, directly across the hall from their bedroom. Jeff and his family and Chip live at opposite ends of the third floor. Their oldest son, Jack, and his family live in Calhoun, Georgia, where he's in business.

A guest remembers Eleanor Roosevelt saying that she had had to make a choice between her husband and her children, and she had chosen her husband.

"I've never had to make that choice," says Rosalynn (pronounced Rose-a-lynn). "We're a close family; we always have been. We have dinner together most of the time. We play Ping-Pong and tennis; we go bowling, we swim and we watch movies together downstairs. But we don't try to force our lives on them. They have their own friends, their own plans."

Dinner is served. The food is simple and delicious: oysters, pork tenderloin with mushrooms and very fresh vegetables, hot rolls, peaches buried in red raspberries. Excellent wine. Superb service. A buzz of conversation as guests get acquainted. What gives this small dinner party in an elegant home a different tone is the President's request for a guest to say grace.

After dinner the host and hostess transfer their guests and the conversation to an adjoining sitting room. The talk lasts deep into the evening, until the host finally escorts the women down in one elevator, while the hostess takes the next trip down with the men. After the good-byes, there they are again, holding hands.

"When he married her," says a guest softly, "he married magic."

It's a small, sunny, cheerful office in yellow and apricot. Seated at her kneehole desk, she laughs at the suggestion that she looks organized. "I have another desk in my bedroom, and you should see that one. Whenever I take anyone through the family rooms, I always scoot ahead to straighten it up.

"Jimmy usually wakes before I do and brings me my orange juice and the paper about six-thirty. If I'm still asleep, he sometimes lets me linger a little longer. But this one morning he woke me and said, 'I'm sorry, dear, but you'll have to get up. There's so much work on your desk that when I put your paper on it, it slid right off.' "

Again, the easy, warm, rippling laugh.

She is, despite her testimony to the contrary, highly organized—a punctual perfectionist. No matter how unseemly the pile of papers on her bedroom desk, those items requiring decisions that day have red tags on them. She keeps her east wing staff of 19 steadily busy, handling White House activities and the growing list of Rosalynn projects.

Rosalynn Carter has come a long way from the Stitch and Chat Club of Plains, Georgia. In her first White House year, she visited 18 foreign countries and 27 American cities; she delivered 15 major speeches; attended 50 public meetings and 259 private sessions for her





Amy's almost as well known as Mom and Dad. In fact, she once asked for a pencil to carry on an outing with her father—"to sign autographs," she explained when asked why.

various projects; acted as hostess for 83 official and social receptions, including ten state dinners; spent more than 300 hours working on mental health projects, 77 hours on foreign and domestic briefings, 291 hours learning Spanish (and ten more learning the violin with Amy); held at least 22 press conferences and gave some 50 private interviews.

"In my family," she says simply, "the women always have worked, and worked hard."

Her father, who drove a school bus, died when Rosalynn was 13. Her mother, "Miz Allie" Smith, was 34 then, and strongly independent. She supported her four children by working as a seamstress. Later, she worked as the town postmistress, and managed the job without help from anyone. Rosalynn took care of the house, her two younger brothers and a three-year-old sister. When she was a little older she worked in the local beauty parlor washing clients' hair. "I could have done more," she still insists. "I've always felt guilty about not doing more to help."

Her closest friend was Jimmy Carter's sister, Ruth. "I spent as much time in her house as I did in my own." Ruth's mother, "Miz Lillian," was a nurse and took care of Rosalynn's father when he was dying of leukemia. "My daddy always admired her. They named my sister after her." Ruth's brother, Jimmy, was three years older than Rosalynn and seemed light years removed. When he later went to Annapolis, the U.S. Naval Academy, the girls saw him as the town catch. Rosalynn, who was pretty enough to be the May Queen and smart enough to be the high school valedictorian, was finishing school at Georgia Southwestern College in Americus when she and Jimmy had their first date. After their second date, he told his mother, "She's the girl I want to marry." But when he proposed, she refused him. "I was barely eighteen," she says, "and I hadn't yet made up my mind about much of anything."

She married him a year later, 1946, and left Georgia for the first time. She was not yet 20, living in Portsmouth, Virginia, when their first son, Jack, was born. Jimmy, by then a naval officer, got special leave to be home with her, made her stay in bed while she recovered from the difficult delivery and he bathed and diapered the baby. Her other two sons, Chip and Jeff, came quickly afterward. She breast-fed them, loved them, spanked them when necessary. With Jimmy away so much of the time, she also took care of the car, coordinated the family's moves to Hawaii and Connecticut, and paid the bills (she still does—her husband seldom writes a check). It was her first interval of independence outside of Georgia, running her own life, seeing the world. "And I loved it . . . I really loved it. I would wake up all excited about the day ahead. . . ."

When Jimmy's father died, he decided to resign from the navy and go back to Plains. "I didn't want to go back," she says. "I had been so independent. I didn't want my mother and Jimmy's mother to tell me what I was doing wrong. I wanted to keep our life the way it was. We had a battle that lasted for days. I screamed and yelled and did everything to make him change his mind, but I couldn't do it."

Their family peanut business was in miserable shape. "We were so poor, oh, golly, we were poor." Jimmy asked Rosalynn to take care of the bookkeeping and the front office while he worked in the fields and in the plant. "Jimmy's a hard teacher. He tells you how to do it and then he hasn't time to answer your questions. You have to figure it out from there." A friend loaned her an accounting textbook; "and it was painful, but I learned about bookkeeping. If I had stayed with it, I could have passed the test as a certified public accountant."

After his election to the Georgia State Senate in 1962, Jimmy was in Atlanta three months a year, so Rosalynn and their sons ran the peanut business, often working from six in the morning until midnight.

(continued on page 168)

The Carters walked hand in hand down Pennsylvania Avenue on Inauguration Day. She's been called the "Second President."





Suited FOR YOUR WORKING IMAGE



Five successful working women—in new spring suits that work for everyone.

It's no secret that women are forging ahead in the job market. Although volumes have been written on "dressing for success," frankly we think it boils down to a matter of good sense and good taste. Key: In business, be business-like; not loud, tough or sexy. This year's welcome revival of the comfortable suit—attractive and versatile—offers the best basic fashion image any working woman can have. By Trudy Owett, Fashion Editor.

Opposite page: E.F. Hutton, an international investment firm, banks on the many women they employ. Far left: Proof-positive, Lynn Kirk Nissen coordinates financial seminars all over America, loves "the people contact." She wears an easy-fitting linen-y suit: unconstructed jacket, wrap skirt. By Liz Claiborne. Near left: Susan Groves, a Sales Service Representative, keeps tabs on the municipal bond market, uses "diplomacy under pressure." Here, she sports a smart sage green, double-breasted jacket over slim skirt. By John Anthony Pret.

Left: From housework to house-selling. When Edie Crowell's children reached their teens, she wanted "to do something." A local real estate law course set her on her way. Now Edie's one of the owner-brokers at the busy Scott Real Estate Agency in New Paltz, N.Y. A good sporty suit for blazing trails: nubby textured jacket and dirndl skirt with lacy sweater. Pat Ashley for John Meyer.

Photographs by John Lawlor. Hairstyles and makeup by Martin Downey.
Fashion and accessory information on page 176.



Suited FOR YOUR WORKING IMAGE

Energy at work. Advertising ace Caroline R. Jones is Vice President, Partner and Creative Director of Mingo, Jones, Guilmenot, Inc. (an ad agency with national accounts). She also serves on six boards of directors, has collected scores of honors and manages to "live happily" with 18-year-old son, Tony. Here, she's looking confident in dashing suit coordinates: Irish linen unlined jacket and self-belted straight skirt, cotton print blouse. By Paula Sake



Professionalism—with caring. Hoping someday to direct children's theater, Ann Rochelle Cohn's career took a related, but more serious twist. After marrying and moving to Chicago, she (at age 30) returned to school full-time and became Dr. Cohn with a Ph D in psychology. Now she spends one day a week as a therapist at a clinic for children; the rest, in private practice and teaching. Here, Ann's sitting pretty in an orchid suit with a short, fitted jacket and swingy pleated skirt. By Luba.

Fashion and accessory information on page 176.





WINNERS TAKE ALL

Maggie wanted very much to keep her job—but she didn't want to lose her husband. Can love *really* solve a dilemma? A short story by Gertrude Schweitzer.

Maggie walked home from the office, singing all the way. Not at the top of her voice, but not to herself either. Anyone passing arby could hear her. Crazy woman, they ust have thought. Who but a crazy woman ould walk along Madison Avenue at five-irty in the afternoon, singing loud enough to heard?

Maggie could not have cared less what a unch of strange passersby might think of her. e had to either sing or yell, or she was sure e would burst, and singing, even though she uld barely carry a tune, seemed wiser.

There she was, then: tall, faintly freckled, een-eyed, with a thick fall of conspicuous d hair, striding up a busy New York avenue her sober gray suit, singing out loud and ghtly off-key about love.

Love. She loved Peter. She loved New York ven more than Peter did, because he had een born here and said he had known it to be ore lovable). She loved her job. Oh, she rticularly loved her job this early October y. She had just received a promotion she d yearned for but had not dared to expect.

Art Director, she said to herself. No, Art *Director*. That was the thing. Not *Assistant* Art Director anymore. Art *Director*. She said it out loud, tasting it. Then she worked it into her song. She loved Peter and New York and her job as Art *Director* of a New York advertising agency...

"Well, you should have expected it. I expected it," Ben Lytton had said to her.

"I thought you'd get it," she had told him. "It's always been a man."

She had never liked Ben's tight little smile. She had never much liked Ben, who behaved as if he were her superior in the agency, though he had not been before her promotion. Now she was his superior. But this day, she could not dislike anyone.

Even though he had said, "That's the point. All the top executives are men. That won't do anymore. We need a token woman." Even then, Maggie could not really dislike him. After all, she had the job and he didn't.

"Which is more deadly," she had asked him, laughing, "a token woman or a bionic one?"

She laughed again now, as she turned off Madison and swung into 52nd Street. Laughed aloud, so that a smartly dressed, middle-aged woman turned to stare. Maggie resisted an urge to make a silly face at her. Why should it seem abnormal to laugh alone?

Of course, she was not really laughing alone, only sharing her amusement with Peter in advance. Which is more deadly—? Peter's lips would twitch, his eyes would narrow until only a glint of bright blue showed, and then his slow, deep chuckle would begin. She loved that chuckle, had loved it the first time she had heard it. She had loved Peter then, probably, without knowing it yet. They had met in an art gallery on 57th Street, where Melanie Hartwig was exhibiting. Peter had been chuckling at something Melanie had said, and Maggie, before she even turned around to look at him, had thought she would trust a man who sounded that warm and involved when he laughed.

"Meet a chemical engineer who actually understands art," Melanie had said. "Peter Conway, an old friend of my brother, Jake. This is Maggie Barfield, Pete. We were at art school together, but she defected and went commercial."

"Correction," Peter said to Maggie over coffee in the Russian Tea Room. "I don't understand art at all. I don't even know whether Melanie is any good. She had something abstract in there that reminded me of woods and a frog pond where we went summers when I was a kid. For some reason, she was impressed when I told her so."

He would impress any woman, Maggie thought, whether he knew anything about art or not. The way he laughed. The way he looked. Those bright, amused, blue eyes in the long, thin, intelligent face. His easy manner, so that in half an hour she felt as though she had known him all her life...

"Why did you defect?" he asked her.

"Defect? Oh, I didn't. I found out early on that I was never going to make it as a painter. Instead I work with artists for an advertising agency. Melanie thinks that's a prostitution of

(continued on page 134)

Illustration by Tony Eubanks



THE PERFECT CUBE

Cube it—make-your-own from sides of wood (very simple) o buy plain ones ready-made at an unfinished furniture store or lumb Then, decorate to whim. It's an easy job to cover with fabric or paper, to paint or stain. Most versatile of all geometric shapes, the handy-dandy cube can serve singly or in blocks as tables, shelving or cushioned seating. By Nathan Mandelbaum, Director of Interior Des





Building blocks: stacks of cubes for shelving books or bibelots. Paint to match walls, contrast, or simply trim the edges as frames.

Dining squares: some linked for serving, some cushioned for extra seating. Perfect space-savers for a casual buffet supper.

Dividing cubes: Easy multiplication tables for separating a room. Set up with some open spaces for a freer flow.



Photograph by Tasso Vendikos. Illustrations by Isadore Seltzer.
For building instructions and more information, see page 181.

A flying new start

Here and on the next pages, six young women who run an airline go from a no-frills look to flying high!
By Maureen Lynch, Health and Beauty Editor.

What's it like to tackle the traditional man's job of running an airline? "Challenging," "hectic," "fun," but also, "hard to keep looking your best." That's what we found out from the six women below, who are the backbone of Skystream, a commuter airline connecting six Midwestern cities. A letter from the South Bend, Indiana station manager excited the *Journal:* "Our ticket agents double as reservationists, even load the aircraft. The women have to look nice all day long whether on the field in rain, snow or wind, or at the counter waiting on customers. Please help us find the best hairstyles and makeup for this job." Challenged, we journeyed to Indiana with a ready team of beauty experts. Just look at the "before" picture here, then flip the pages for the sensational "afters." Best, all the women loved the changes—easy-care hairstyles and quick makeup tricks—to send them off on a flying new start.

Debbie Ray *Debbie Haab* *Mary Slafkosky* *Pat Pond* *Nancy Stillwagon* *Lynn Marie Ouisianon*



graphs by Jim Houghton
nts by Charles Booth, hair coloring by Louis Licari,
f La Coupe, New York & Canada.
up by Martin Downey
blouses, Ship 'n Shore

From a young coed look to career perfect—for Debbie Haab, 18, ticket agent. Her naturally dark blond hair was shaped into soft waves. Most of the shaggy, bleached ends were cut away or evened out, leaving a few wisps of blond for sparkle. More strands were lightened around the face for highlights. Debbie's "cat's-eyes" were outlined with pencil, the almond-shape extended even further with shadow; blusher heightened her skin's natural glow.

Debbie Haab







Softer, prettier—Debbie Ray, 25, ticket agent. Because of over-coloring, her hair had turned a harsh, artificial shade. We did reverse-streaking, mingling brown tones with blond. The cut: shorter and sleeker, adding fullness and sweep. We played up those wide-set eyes, balanced her face by slicking color and shine on her mouth.

A free-spirited feeling—for Lynn Marie Ouisianowski, 20, ticket reservations. She had good hair, but it was very short in front, long in the back. We evened it out, following the natural waves. To brighten things up, something special: blueberry henna (stain from fresh blueberries and a pinch of red henna). We also suggested a concealer to blend her skin tones, creamy makeup to soften and smooth. Wings of eyeshadow and a full brushing of mascara made her eyes really sparkle.

Debbie Ray *Lynn Marie Ouisianowski*



Up, up and away—Pat Pond, 30, married with two young children, is president of Skystream Airlines (and America's only female airline president). Pat's long hair and no-makeup look didn't fit the image of a busy woman executive. Off came the trailing ends, to chin-length, framing her face. A gentle, wavy permanent was done to give her a finished look—and it's maintenance-free. Strictly wash-and-dry. Pat's skin was on the oily side, so we cleansed it, applied only water-based makeup, translucent powder. To make lips appear fuller, we used lip liner around her mouth, filled it in with a strong color gloss.

Pat Pond



More polish, more style—Mary Slafkosky, 36, station manager, is responsible for the airline's flights, finances and publicity. Former Mrs. Indiana and big-band singer, she has two children. Mary's hair color was, in her words, a "disaster." When we arrived it was so ash blond, it seemed green. And obvious roots. We toned it down with reddish-browns, coming up with a warmer (and more natural) dark blond. Bangs were brushed to the side, the rest, wrapped into a flattering roll. We stripped Mary of an outdated habit: her false eyelashes. Powder blusher, smudgy brown shadow and two coats of mascara, finish off her newer, softer look.

Mary Slafkosky







Sudden confidence—Nancy Stillwagon, 20, operations manager and special assistant to the president (who, incidentally, is her sister). Her beautiful auburn hair was too-far-grown-out for a career look. When cut, a glory of natural waves appeared. To curl even more, a support perm was given for a full, flattering shape—(again, easiest upkeep). To emphasize her deep-set eyes, two new ideas: a change of eyeglass frames and a circle of eyeliner. For more face color, a warm rose lipstick.
Glasses by Meyrowitz.

Nancy Stillwagon

Update with Dash: Six spirited women looking better than ever before.



LHJ'S TUNA COOKBOOK: A TASTY CATCH

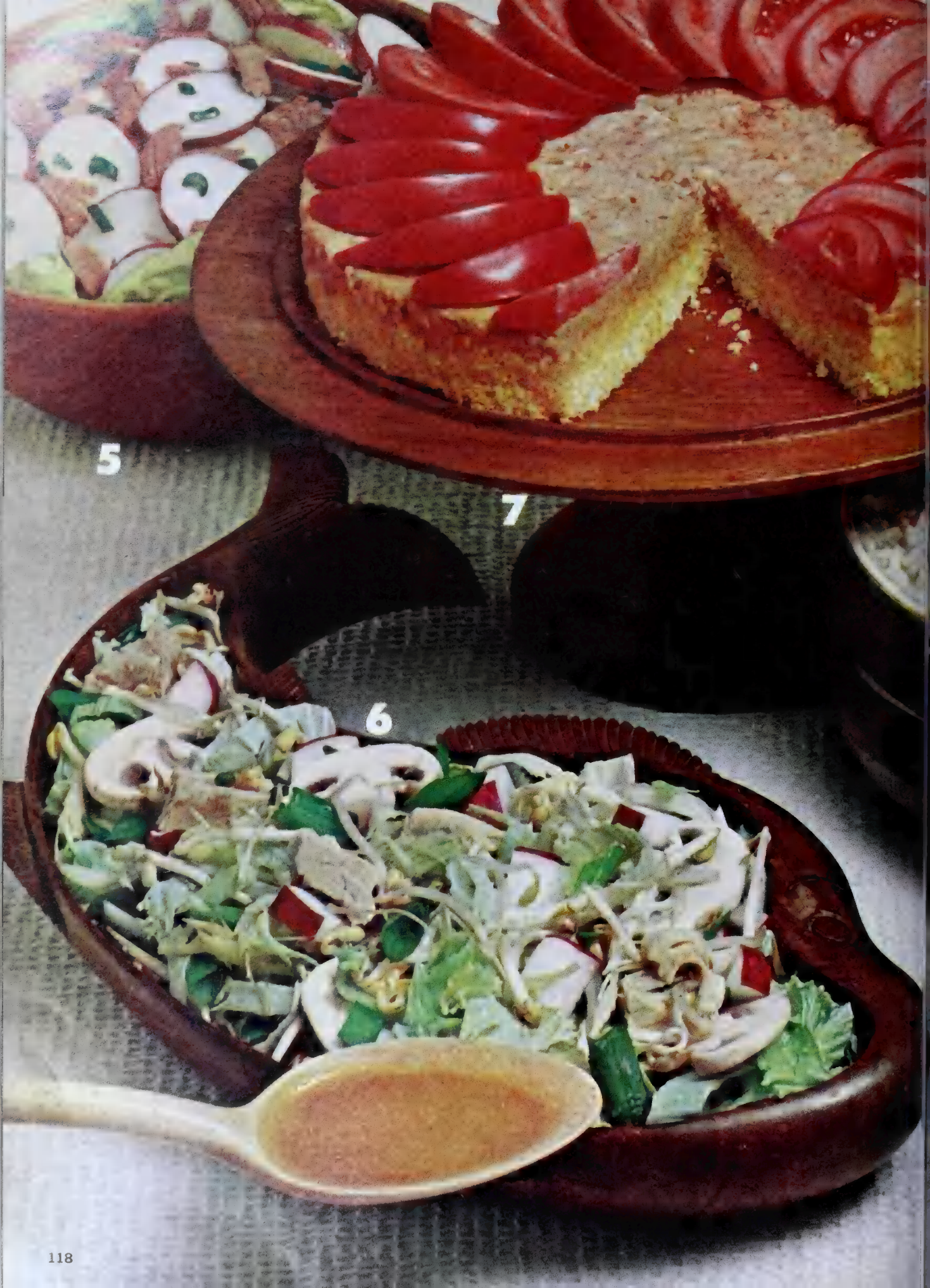
This month we're devoting our featured section to the good taste of tuna. It's truly a treasure from the deep—adaptable to many recipes, always handy on the shelf. Nifty in flavor, thrifty to the pocketbook, tuna has as much protein as lean meat and is a blessing to dieters (low in calories, saturated fats). Here's a whole school of recipes—from new tuna twists on old favorites (hometown salad, pot pie) to peppy tuna pizza. Get in the swim—it's tuna time. Recipes and information, page 122. By Sue B. Huffman, Food and Equipment Editor.

Photographs by Irwin Horowitz. All green and cream earthenware trays and dishes from Tiffany & Co.; Celadon fish plates, above, from John Rosselli Antiques, N.Y.C.





1 Salad Nicoise: south-of-France classic. Wonderful mix-up for lunch, supper.
2 Tuna Taco: tuna turns up in Mexican munching.
3 Tuna à la King: frozen patty shells make these a cinch.
4 Alpine Tuna: hearty casserole with creamy Swiss cheese sauce.


5
7
6



6 Oriental Tuna Salad, crunchy bean sprouts, peanut butter dressing. **7** Upside-down Tuna Pie: clever—on corn bread mix base. **8** Tuna-Broccoli Loaf: very light with cheese sauce. **9** Tuna-Zuke Bake: nice rice dish, moist with Cheddar cheese soup. **10** Tuna-Spinach Pesto: green and nutty, now a year-round treat. **11** Tuna Pot Pie: delicious for one or many, chockful of vegetables. Recipes on page 122.


12 Tuna Indonesia: tasty triangles with chutney, cashew, or raisin bread. 13 Tapenade: smooth Mediterranean spread, sharp with anchovies, olives, capers. 14 Tuna-Stuffed Peppers: the perfect antipasto; colorful, easy. 15 Luau Tuna Puffs: crispy nuggets with water chestnuts, coconut. 16 Tuna Hors d'oeuvres: basic hometown tuna salad, in tomatoes, tea sandwiches.
12
13
14
18
19



17 Tuna Empanadas; bite-size turnovers; almonds, onions, inside. **18** Paté de Mer: an Italian delicacy, poached in court bouillon, coated with garlic mayonnaise. **19** Tuna Pizza: fun to make, fun to eat. Hot roll mix; olive, red onion rings. Recipes on page 122.

TUNA COOKBOOK

continued

TUNA TALES

The ancient Greeks are said to have had an "almost cat-like devotion" to tuna or "thunnos" as they called the huge fish described in their odes and depicted on their vases. Incan emperors, too, cherished tuna or "xathunkama" so much that a daily relay of couriers raced the freshly caught fish 130 miles inland to the capital.

Yet the United States took its time discovering the virtues of this large but delicate (very unfishy) fish. A sardine shortage in 1903 caused canners to search elsewhere for supplies. They soon sighted the vast ocean-going schools of tuna. When World War I exploded, the need for good, inexpensive protein boosted the tuna industry even further.

Little by little, the small round tins of this boneless, no-waste food crept into America's staple menus. By 1953, tuna surpassed salmon as the most popular canned fish. The meat comes packed in olive or vegetable oils (an extra bonus for salads, cooking) or in water (boon for dieters). Categories are solid pack (solid fillets); chunk (bite-size pieces); grated or flaked (small or irregular pieces).

Albacore tuna is the only one allowed to be labeled "white," while the rest of the common varieties—yellowfin, skipjack and bluefin—are designated "light."

Besides having a wealth of protein, tuna rates high in Vitamin B_{12} for building strong bodies, iodine and fluorine (fighter of tooth decay).

Stock your cupboard with all sizes—from 3¼ oz. to 13 oz. You'll be surprised at how often your family will ask for its favorite fare—tuna.

1. SALAD NICOISE
pictured on page 116

A classic that is one of our very favorite luncheon entrées.

Dressing
- **1 large garlic clove, crushed**
- **1 teaspoon salt**
- **½ teaspoon dry mustard**
- **½ teaspoon basil, crushed**
- **⅛ teaspoon pepper**
- **2 tablespoons fresh lemon juice**
- **2 tablespoons red wine vinegar**
- **6 tablespoons olive oil**
- **6 tablespoons salad oil**

Salad
- **3 or 4 medium, cooked, hot potatoes (about ¾ lb.)**
- **2 tablespoons minced green onions**
- **½ pound fresh green beans, trimmed and blanched**
- **1 large head Boston lettuce**
- **1 can (6½ or 7 oz.) tuna, drained and flaked**
- **1 cup cherry tomatoes, halved**
- **2 or 3 hard-cooked eggs, cut into wedges**
- **5 flat anchovy fillets**

Dressing: In a small mixing bowl, combine garlic, salt, mustard, basil and pepper with spoon; add lemon juice and vinegar and stir until smooth. With wire whisk, gradually beat in the oils; set aside.

Salad: Into a medium bowl, while potatoes are still warm, peel and slice thinly; toss with onions and ¼ cup of dressing. Season with additional salt and pepper to taste. In another small bowl, toss blanched beans with ¼ cup dressing. Refrigerate both.

Just before serving, arrange lettuce leaves on large platter, place tuna in middle and arrange potato salad, tomatoes and green beans around tuna. Garnish with eggs and anchovies; pour remaining dressing over the tomatoes, tuna, eggs. Serve immediately. Makes 4 servings, about 585 calories each.

2. TUNA TACOS
pictured on page 116

The kids will be wild for these.

- **6 packaged taco shells**
- **1 can (6½ or 7 oz.) tuna, drained and flaked**
- **2 cans (4 oz. each) taco sauce**
- **½ teaspoon garlic salt**
- **¾ cup shredded iceberg lettuce**
- **1 cup (4 oz.) shredded Cheddar cheese**
- **1 large tomato, chopped**
- **1 ripe avocado, chopped**
- **½ cup chopped green onion**

Preheat oven to 350°F. Put tacos on baking sheet. Place in oven for 10 minutes, turning once, to crisp. (Or crisp in microwave for 30 seconds.)

Meanwhile, in small bowl combine tuna, taco sauce and garlic salt.

To serve, place 2 tablespoons lettuce into each taco shell; spoon in about ¼ cup tuna mixture. Sprinkle each with cheese, tomato, avocado and green onion. Serve immediately. Makes 6 tacos, about 240 calories each.

3. TUNA A LA KING
pictured on page 117

When's the last time you had anything "à la king"? It really does make for a tasty luncheon treat.

- **2 tablespoons butter or margarine**
- **¼ cup finely chopped onion**
- **2½ tablespoons flour**
- **1 cup chicken broth**
- **½ cup milk**
- **¼ teaspoon salt**
- **Dash pepper**
- **Dash nutmeg**
- **1 can (6½ or 7 oz.) tuna, drained and flaked**
- **¾ cup frozen chopped broccoli, cooked**
- **2 tablespoons chopped parsley**
- **6 frozen ready-to-bake puff patty shells, baked according to package directions**

In medium saucepan melt butter or margarine. Add onion and sauté until tender but not browned. Stir in flour until bubbly. Over medium heat gradually stir in broth, milk and seasonings. Cook, stirring constantly, until sauce boils and thickens. Gently fold in tuna, broccoli and parsley. Cook 1 more minute until heated. Serve in patty shells. Makes 6 servings, about 350 calories each.

4. ALPINE TUNA
pictured on page 117

Our food editor grew up on tuna and noodles. This version sports protein-packed cottage cheese, Swiss cheese and frozen spinach.

- **1 package (8 oz.) medium egg noodles**
- **3 tablespoons butter or margarine**
- **1 medium onion, chopped**
- **¼ cup flour**
- **2 cups milk**
- **1 cup cottage cheese**
- **2 cups (8 oz.) shredded Swiss cheese**
- **2 teaspoons salt**
- **⅛ teaspoon nutmeg**
- **2 cans (6½ to 7 oz. each) tuna, drained and flaked**
- **1 package (10 oz.) frozen chopped spinach, thawed and well drained**
- **1 can (8 oz.) water chestnuts, drained and diced (optional)**

Cook noodles according to package directions; drain. Preheat oven to 350°F.

Meanwhile, in medium saucepan melt butter or margarine over medium heat. Add onion and sauté until tender, about 2 to 3 minutes. Stir in flour and cook for 1 minute, stirring constantly. Gradually add milk and cook until sauce thickens slightly. Add cheeses, seasonings, tuna, spinach and water chestnuts. Stir until combined; add noodles. Spoon into a 2½-quart casserole. Cover and bake for 50 to 55 minutes or until bubbly. Makes 8 servings, about 420 calories each.

5. TUNA POTATO SALAD
pictured on page 118

Very simple—and simply elegant.

- **1 pound small, red, new potatoes, unpeeled, cut into ¼-inch slices (4 cups)**
- **Boiling water**
- **1½ teaspoons salt**
- **¼ cup olive oil**
- **⅛ teaspoon pepper**
- **¼ cup thinly sliced green onions**
- **3 tablespoons red wine vinegar**
- **1 can (6½ or 7 oz.) tuna packed in oil, drained and flaked**

In saucepan cover sliced potatoes with water and 1 teaspoon salt. Heat to boiling. Cover and reduce heat; cook until tender, about 10 to 12 minutes. Drain and cool 5 minutes. While still warm, toss potatoes with oil, ½ teaspoon salt, pepper, green onions and vinegar. Cool to room temperature, add tuna and toss until well mixed. Serve at room temperature. *(Can be prepared in advance to this point. Cover and refrigerate. Bring to room temperature before serving.)* Makes about 4½ cups, about 120 calories per ½ cup.

6. ORIENTAL TUNA SALAD
pictured on page 118

Crunchy salad—piquant peanut butter dressing—one of our favorites.

Dressing
- **¼ cup warm water**
- **3 tablespoons creamy peanut butter**
- **1 tablespoon plus 1 teaspoon white vinegar**
- **1 tablespoon plus 1 teaspoon soy sauce**

(continued)

ITALY

As close as the Campbell's Soup on your shelf.



avory Minestrone Main-Dish Soup

e it quick and easy with Campbell's.

ces bacon, finely chopped
p chopped onion
ıp chopped celery
ge cloves garlic, minced
. basil leaves, crushed
n Campbell's Beef Broth
n Campbell's
an with Bacon Soup
oup cans water
1 can (about 16 oz.) tomatoes, undrained
½ cup uncooked ditalini (small tube macaroni)
½ tsp. salt
1 cup cabbage cut in long thin shreds
1 cup cubed zucchini squash

rge saucepan, brown bacon and cook onion and celery with garlic basil until tender. Stir in soups, water, tomatoes, ditalini, and salt. g to boil; cover. Reduce heat; simmer 15 min. Add cabbage and zucchini; k 10 min. more or until done. Stir occasionally. Makes about 8 cups.



Campbell Soup Company, Camden, N.J. 08101 U.S.A.

Cookbook offer: Enjoy the art of good cooking with Campbell's brand-new cookbook—"The Creative Cook," containing over 250 tanding recipes. Just send $2.50 (check or money order only) with your name, address and zip code to: CREATIVE COOK, Box 9108, Clinton, owa 52732. Offer good only in U.S.A. Allow 8 weeks for delivery. Void if taxed, restricted or forbidden by law. Offer expires June 30, 1979.

A world of good cooking brought home with Campbell's.

continued

2 teaspoons sugar
½ teaspoon salt
1 garlic clove, crushed
Dash cayenne pepper
¼ cup salad oil

Salad

2 cans (6½ or 7 oz. each) tuna, drained and flaked
3 cups shredded Chinese cabbage
1½ cups sliced mushrooms
1½ cups fresh bean sprouts, washed and drained
¾ cup slivered radishes
½ cup chopped green onions

Dressing: In small bowl combine water and peanut butter until smooth. Add next 6 ingredients and mix well; stir in salad oil. Cover and let stand at room temperature at least 30 minutes. Makes ¾ cup dressing.

At serving time, in large salad bowl, toss salad ingredients. Add dressing and toss again until well mixed. Serves 4, about 375 calories per serving.

7. UPSIDE-DOWN TUNA PIE
pictured on page 118

Corn muffin mix lends a down-home touch to this tasty quickie.

1 can (6½ or 7 oz.) tuna, drained and flaked
¼ cup fresh bread crumbs
¼ cup ketchup
3 tablespoons chopped onion
1 egg, lightly beaten
2 teaspoons lemon juice
½ teaspoon dry mustard
1½ cups (6 oz.) shredded sharp Cheddar cheese
1 package (8½ oz.) corn muffin mix, prepared according to package directions
1 medium tomato, cut into thin wedges for garnish (optional)

Preheat oven to 350°F. Lightly grease a 9-inch round cake pan. In a bowl thoroughly combine the first 7 ingredients. Spread in bottom of pan and sprinkle grated cheese on top. Drop spoonfuls of corn muffin batter on top of cheese then spread gently to cover. Bake for 25 to 30 minutes or until golden brown. Cool in pan for 5 minutes. Run a sharp knife around inside edge of pan and invert onto serving plate. Garnish with tomato slices, if desired. Cut into wedges and serve immediately. Makes 6 servings, about 370 calories each without tomato.

8. TUNA-BROCCOLI LOAF
pictured on page 119

Kids will flip over this nutritious, cheese-topped entrée.

4 eggs
½ cup milk
1 cup fresh bread crumbs (2 slices bread)
2 cans (6½ or 7 oz. each) tuna, drained and flaked
1 small onion, finely chopped
1 teaspoon salt
2 teaspoons lemon juice
½ cup (2 oz.) shredded Swiss cheese
1 package (10 oz.) frozen chopped broccoli, cooked according to package directions and drained well
Swiss Cheese Sauce (see below)

In large bowl beat eggs, milk and bread crumbs. Let stand for 5 minutes. Grease a 8½x4½-inch loaf pan; set aside.

Preheat oven to 350°F. Stir in tuna, onion, salt, lemon juice and cheese. Place cooked broccoli into bowl of food processor with steel blade; chop. (Or, with knife finely chop.) Stir into tuna mixture. Spoon into prepared pan. Bake for 1 hour until set. Let stand for 5 minutes, turn out and cut into slices to serve. Serve with Swiss Cheese Sauce (see below). Makes 6 to 8 servings, about 265 calories per 6 servings, 200 calories per 8 servings without sauce.

SWISS CHEESE SAUCE
pictured on page 119

This quickly and easily made sauce is great over vegetables as well as our Tuna-Broccoli Loaf.

2 tablespoons butter or margarine
2 tablespoons flour
½ teaspoon salt
½ teaspoon dry mustard
1½ cups milk
1 cup (4 oz.) shredded Swiss cheese

In medium saucepan melt butter or margarine. Stir in flour, salt and mustard until smooth and bubbly. Gradually add milk, stirring constantly over medium heat, until thickened. Remove from heat, add cheese and stir constantly until cheese melts and mixture is smooth. Makes 1½ cups, about 40 calories per tablespoon.

9. TUNA-ZUKE BAKE
pictured on page 119

Not just another tuna-rice casserole; zucchini makes the difference.

3 tablespoons butter or margarine
4 cups (about 1 lb.) diced zucchini
½ cup chopped onion
2 cans (6½ or 7 oz. each) tuna, drained and flaked
1½ cups cooked rice
1 can (11 oz.) condensed Cheddar cheese soup, undiluted
⅓ cup milk
2 teaspoons Worcestershire sauce
¼ teaspoon salt
Dash pepper

In large saucepan melt butter or margarine. Add zucchini and onion; sauté over medium high heat for 5 minutes, until tender. Stir in tuna and rice. Preheat oven to 350°F. In a small bowl combine undiluted soup, milk, Worcestershire sauce, salt and pepper. Add to tuna-rice mixture and stir gently to combine. Spoon into a 1½ quart baking dish. Cover and bake for 40 to 45 minutes or until bubbly. Makes 4 to 6 servings, about 340 calories each for 4 servings, 225 calories each for 6 servings.

10. TUNA-SPINACH PESTO
pictured on page 119

Use your blender or food processor to whip up this tasty pesto in minutes.

Pesto Sauce

1 can (6½ or 7 oz.) tuna packed in oil, drained
1 cup fresh spinach leaves, washed, drained and stems removed
⅓ cup grated Parmesan cheese
¼ cup olive oil
1 tablespoon chopped walnuts
1 garlic clove, quartered
¼ teaspoon salt
¼ teaspoon basil
2 tablespoons butter or margarine, melted
2 tablespoons water
8 ounces thin spaghetti

For Sauce: Remove ¼ of the tuna; set aside. Place remaining tuna and rest of pesto ingredients into blender container or food processor using steel blade attachment. Cover and blend or process until fairly smooth, stopping occasionally and scraping sides of container. Stir in reserved tuna. Set aside.

Meanwhile, in large saucepot cook spaghetti according to package directions; drain. Immediately toss hot spaghetti with sauce; serve. Makes 4 servings, about 495 calories each.

11. TUNA POT PIE
pictured on page 119

An old-fashioned pot pie to bring back nostalgic childhood memories.

¼ cup butter or margarine
⅓ cup unsifted all-purpose flour
1½ teaspoons salt
¼ teaspoon pepper
¼ teaspoon marjoram
2 cups milk
2 cans (6½ or 7 oz. each) tuna, drained and flaked
2 cups frozen peas and carrots, thawed
1½ cups frozen small whole onions, thawed
2 teaspoons Worcestershire sauce
Pastry for single crust 9-inch pie

In large saucepan melt butter or margarine. Blend in flour, salt, pepper and marjoram until bubbly. Gradually add milk; cook, stirring constantly, until mixture boils and thickens. Fold in tuna, vegetables and Worcestershire sauce. Stir gently to combine. Spoon into a shallow 2-quart baking dish. (Or into 6 individual 10-ounce custard cups.)

Preheat oven to 425°F. Roll out pastry to fit top of baking dish. (Or, for individual pot pies, cut pastry into six 5-inch circles. You'll have to reroll scraps to get the sixth one.) Cut slits for steam to escape. Place on top of dish and flute edges. Place on baking sheet. Bake 35 to 40 minutes or until crust is golden and mixture is bubbly. Makes 6 servings, about 320 calories each.

12. TUNA INDIENNE
pictured on page 120

We thought these equally good as appetizers or luncheon treats.

⅓ cup mayonnaise
1 package (3 oz.) cream cheese, softened
½ cup finely chopped celery
⅓ cup shredded or flaked coconut
2 tablespoons finely minced chutney
½ teaspoon curry powder
½ teaspoon salt

(continued)


SOME DAYS ARE JUST MADE FOR
KRAFT MACARONI AND CHEESE.
KRAFT
DINNERS
Macaroni &
Cheese Dinner
YOU KNOW
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Chicken of the Sea. It's the only leading tuna with a Government seal of approval because it's the only one that earns it.

Chicken of the Sea.

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TUNA COOKBOOK

continued

Dash pepper
1 can (6½ or 7 oz.) tuna, drained and flaked
8 slices raisin-cinnamon bread, crusts trimmed
3 tablespoons shredded or flaked coconut, for garnish (optional)

In a small bowl thoroughly blend first 8 ingredients. Gently fold in flaked tuna. Spread ¼ cup topping on each bread slice. Sprinkle tops with more coconut, if desired, and place on baking sheet. Broil 3 to 5 minutes or until lightly browned. To serve, cut each into quarters. Makes 8 open-faced sandwiches, about 195 calories each whole.

13. TUNA TAPENADE
pictured on page 120

Not for the timid. It's long on anchovies and garlic—we love it.

4 pitted ripe olives
4 anchovy fillets, drained and chopped
1 small can (3½ oz.) tuna packed in oil, drained
2 tablespoons capers
2 garlic cloves, chopped
3 tablespoons mayonnaise
1 tablespoon chili sauce
⅛ teaspoon pepper
Hard-cooked eggs, halved, party rye or crackers

In blender container, combine all ingredients except eggs, rye and crackers. Cover and blend for several minutes until smooth; stop blender occasionally and scrape down sides of container. Pour into a bowl and chill. Serve wi hard-cooked eggs, party rye or cracke Makes ¾ cup, about 45 calories p teaspoon.

14. TUNA-STUFFED PEPPERS
pictured on page 120

This has become a favorite appetizer f many of us at LHJ.

4 medium green peppers (about 2 lbs.)
2 quarts water
Basting Sauce
¾ cup dry white wine
¼ cup olive oil
1 teaspoon wine vinegar
½ teaspoon salt
2 cans (6½ or 7 oz. each) tuna packed in oil
1½ cups fresh bread crumbs (3 slices bread)
¼ cup olive oil
3 flat anchovy fillets, mashed
3 garlic cloves, crushed
1 teaspoon salt
⅛ teaspoon pepper
Red pimiento, for garnish

At least 1 day before serving: Cut inch off stem end of each green peppe Remove seeds and membranes; discar In large saucepot heat water to boilin Add peppers and cook 5 minutes. R move and invert onto paper towels drain. Let cool.

In 8-inch square baking dish co bine 4 basting sauce ingredients a mix well. Preheat oven to 350°F. Dra tuna, reserving ¼ cup oil. In mediu bowl flake tuna with a fork. Stir in bre crumbs. In small bowl combine reserv tuna oil, olive oil, anchovy fillets, garl salt and pepper. Add to tuna and s well to combine. Stuff each pepper wi about 1 cup tuna mixture. Place stuff peppers on sides in baking dish. Tu until well coated with basting sauc Bake 30 minutes, uncovered, basti occasionally. (Cool in sauce. Cover a refrigerate overnight or up to 3 days

To serve, remove peppers from sauc Slice each pepper into 4 cross-wise slic Garnish each slice with pimiento a spoon on basting sauce. Makes 16 slic about 155 calories each.

15. LUAU TUNA PUFFS
pictured on page 121

Crunchy little hors d'oeuvres with a H waiian flair.

2 cans (6½ or 7 oz. each) tuna, drained
¾ cup all-purpose flour
1 egg
¼ cup canned coconut cream (available in gourmet section of supermarket)
¼ cup chopped green onion
5 canned water chestnuts, cut in quarter
2 tablespoons lemon juice
¾ teaspoon salt
¼ teaspoon ginger
¼ teaspoon curry powder
2 cups flaked coconut
Salad oil for deep frying
Bottled plum or duck sauce, for dipping

Place first 10 ingredients in blender co tainer or food processor. Blend unt smooth. Spoon into small bowl; refri erate 2 hours. Shape *(continue*



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teaspoonfuls of tuna mixture into balls. Roll in coconut, coating well.

In deep-fat fryer heat 2 inches of salad oil to 350°F. on deep-fat thermometer. Fry balls, a few at a time, until golden brown, about 1 to 2 minutes. Remove with slotted spoon; drain on paper towels. Keep cooked tuna balls in a 200°F. oven while cooking remaining. Serve immediately with bottled plum or duck sauce. Makes 55 balls, about 40 calories each.

16. TUNA HORS D'OEUVRIE
pictured on page 121

A basic tuna salad recipe, surprising in its versatility. Try it as a sandwich filling or in one of our hors d'oeuvres.

HOMETOWN TUNA SALAD
2 cans (6½ or 7 oz. each) tuna, drained and flaked
½ cup chopped celery
¼ cup chopped green onions
3 tablespoons chopped sweet pickles
¼ cup sour cream
2 tablespoons mayonnaise
1 tablespoon sweet pickle juice
1 teaspoon lemon juice
¾ teaspoon Worcestershire sauce
¼ teaspoon salt

In medium bowl combine tuna, celery, green onions and pickles; toss together. Add remaining ingredients; stir until well combined. Makes 2½ cups, about 205 calories per ½ cup serving.

TUNA TOMATO NIBBLES
1 pint (about 30) cherry tomatoes
½ recipe (about 1¼ cups) Hometown Tuna Salad (see above)

With small, sharp knife make a large X in center of each tomato opposite the stem end. Scoop out seeds with small spoon; discard. Place tomatoes, cut side down, on wire rack to drain for 30 minutes.

Spoon ½ to 1 tablespoon tuna salad into each tomato. Arrange on serving plate or cover with plastic wrap and refrigerate up to 4 hours before serving. Makes about 30 appetizers. About 20 calories per small tomato (½ tablespoon filling), 30 calories per large tomato (1 tablespoon filling).

TUNA RIBBON CANAPES
6 slices (thin-sliced) white bread
6 slices pumpernickel bread
½ recipe Hometown Tuna Salad (see above)

Remove crusts from breads. Trim breads to equal size. Spread 2½ tablespoons tuna salad on pumpernickel; top with white slice; spread with 2½ tablespoons tuna salad; top with pumpernickel slice. Wrap assembled sandwich with plastic wrap. Make another stack, using 1 pumpernickel and 2 white slices. Repeat procedure with remaining bread and tuna salad. To serve, cut each assembled sandwich into 4 horizontal strips. Makes 16 strip sandwiches, about 65 calories per strip.

TUNA POLKA DOT CANAPES

Prepare and slice Tuna Ribbon Canapes as above. Trim crust from a *16-ounce, unsliced loaf of white bread.* Starting at the bottom of the loaf, cut off four ½-inch lengthwise slices. (Use remaining unsliced loaf for stuffing, bread pudding, etc.) On piece of plastic wrap, place one slice bread and flatten with rolling pin; spread with ½ tablespoon mayonnaise. Place one Tuna Ribbon strip, crosswise, cut-side down, in center of white bread. Spread strip with 2 tablespoons tuna salad. Continue stacking 3 more Tuna Ribbon strips and spreading with tuna salad between each layer BUT do not spread tuna salad on top. Begin rolling from short side of white bread, lifting plastic wrap to help form roll; press *(continued)*

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TUNA COOKBOOK

continued

with hands to form a smooth, even roll. Wrap plastic wrap around roll; twist ends tightly. Repeat procedure 3 more times with white bread, strip sandwiches and tuna salad. Refrigerate rolls at least 2 hours until firm. At serving time, unwrap and cut each roll into ½-inch slices. Makes 32 slices, about 8 slices per loaf, about 55 calories per slice.

17. TUNA EMPANADAS
pictured on page 121

A crunchy almond-tuna filling in a yummy cream cheese pastry. Great appetizers that freeze beautifully.

Pastry
- **3 packages (3 oz. each) cream cheese, softened**
- **½ cup butter or margarine, softened**
- **1½ cups unsifted all-purpose flour**

Filling
- **2 tablespoons butter or margarine**
- **½ cup finely chopped onion**
- **¼ cup finely chopped, blanched almonds**
- **1 package (3 oz.) cream cheese**
- **¼ cup sour cream**
- **1 can (6½ or 7 oz.) tuna, drained and flaked**
- **½ teaspoon thyme**
- **½ teaspoon salt**
- **⅛ teaspoon pepper**

1 egg beaten with 1 teaspoon water, for glaze

Pastry: With wooden spoon, cream the cream cheese and butter or margarine; stir in flour until combined and smooth.

Filling: In small skillet melt butte margarine. Add onion and almonds sauté until lightly browned. Add cr cheese and stir until softened. Rem from heat. Add remaining filling in dients and stir until thoroughly c bined. Let cool.

Preheat oven to 450°F. Remove the pastry dough from refrigerator. a lightly floured board roll it to ⅛-i thickness. Cut into circles with a inch round cookie cutter. Place a m uring teaspoonful of filling on each cle. Fold in half and press edges gether with the tines of a fork. Place ungreased cookie sheets. Make a s slit on top to let steam escape. Re with remaining dough, scraps and ing. Brush empanadas with egg gl Bake for 12 to 15 minutes until gol brown. *(Can be prepared in adva Cool, place in freezer container; fre up to 1 month. Warm in a 300°F o for 20 minutes.)* Makes about 48 panadas, about 65 calories each.

18. PATÉ de MER
pictured on page 120

Undeniably a production but a se tional first course for your classiest d ner party.

- **1 large potato, peeled and quartered**
- **Salt**
- **1 tablespoon butter or margarine**
- **¼ cup chopped green onion**
- **1 garlic clove, crushed**
- **¼ teaspoon fennel seeds**
- **2 cans (6½ or 7 oz. each) tuna, pac in olive oil, drained and flaked**
- **1 egg, slightly beaten**
- **1 egg white**
- **⅓ cup grated Parmesan cheese**

Court Bouillon
- **1 small onion, quartered**
- **1 medium carrot, quartered**
- **1 celery stalk, sliced**
- **3 sprigs parsley**
- **1 bay leaf**
- **¾ cup dry vermouth**
- **¾ teaspoon salt**

In medium saucepan heat to boilin cups water, potato and ½ teaspoon s Reduce heat; cover and simmer u potato is fork tender; drain. Put pot through ricer or mash thorough Meanwhile, in small skillet melt but or margarine; add green onions, ga and fennel and sauté until tender. large bowl combine potato, green oni mixture, tuna, egg, egg white, che and ¼ teaspoon salt. Stir until w mixed.

Dampen a large piece of cheesecl (about 35x15-inch); wring out and f in half. Along 17½-inch edge of chee cloth spoon tuna mixture. Shape w hands into a 12x2½-inch roll. Wr tightly; twist ends and tie with stri Bend to a crescent shape and place large saucepan. Add Court Bouillon i gredients and enough water to co top of roll. Bring to boil over medi heat; cover and reduce heat until liq is simmering. Cook 40 *(continue*

Mirro's Great Get-Away Sweepstakes.

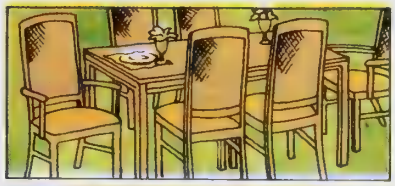
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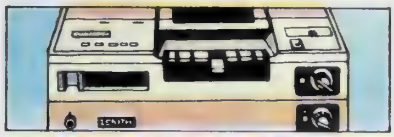


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minutes. With slotted spatula carefully remove roll and place on large plate. Let cool to lukewarm and remove cheesecloth. Drain off liquids. Cover loosely with plastic wrap and refrigerate roll until thoroughly chilled or overnight.

At serving time, spread approximately ½ cup Garlic Mayonnaise (recipe follows) over tuna roll. Place on lettuce leaves on serving platter. Serve with remaining mayonnaise. Serves 8 to 10, about 400 calories per 8 servings, 320 calories per 10 servings without mayonnaise.

GARLIC MAYONNAISE

2 egg yolks
1 tablespoon lemon juice
1½ teaspoons finely minced garlic (about 2 large cloves)
¼ teaspoon salt
1 cup olive oil
2 tablespoons warm water

Place egg yolks, lemon juice, garlic and salt in blender container or food processor fitted with steel blade. Cover and blend just until combined. With blender or food processor running, gradually add oil in a thin, but steady stream; stop occasionally and scrape sides of container. Add water; blend 1 to 2 seconds more. Yields approximately 1⅓ cups, about 105 calories per tablespoon.

19. TUNA PIZZA
pictured on page 120

Use hot roll mix to make two pizzas.

1 cup warm water (105° to 115°F.)
1 package (13¾ oz.) hot roll mix
1 can (16 oz.) pizza sauce
2 cans (6½ or 7 oz. each) tuna, drained and flaked
¾ teaspoon oregano
½ teaspoon basil
½ teaspoon garlic salt
4 cups (1 lb.) shredded mozzarella cheese
1 large onion, sliced into ¼-inch thick rings
10 pitted ripe olives, sliced (optional)
2 tablespoons salad oil

Preheat oven to 425°F. Lightly grease two 12-inch pizza pans; set aside.

Pour water into large bowl; stir in yeast (from package of hot roll mix) until dissolved. Add hot roll mix and mix well with wooden spoon. Form into 2 balls; place 1 ball on lightly floured surface. Roll into 13-inch circle. Place on prepared pan. Repeat with remaining dough.

In large bowl combine pizza sauce, tuna, oregano, basil and garlic salt. Spread over prepared dough leaving ½-inch border at edge. Sprinkle with cheese. Then top with onion rings and olives. Dribble 1 tablespoon salad oil over each pizza. Bake 25 minutes or until golden brown. (Switch top and bottom pizzas after 12 minutes.) Makes 2 pizzas, 6 slices each, about 215 calories per slice.

20. TUNA TAMALE BAKE

Guaranteed to please those who like food with a south-of-the-border flavor.

¼ cup plus 3 tablespoons butter or margarine
½ cup chopped onion
2 tablespoons chopped green pepper
1 can (8 oz.) creamed corn
1 can (6½ or 7 oz.) tuna, drained and flaked
1 can (4 oz.) chopped green chilies
1 cup yellow cornmeal
½ cup water
2 tablespoons sugar
2 teaspoons salt
1⅔ cups milk
1½ cups (6 oz.) shredded sharp Cheddar cheese
2 eggs, beaten

Preheat oven to 375°F. Lightly grease a 9-inch square baking dish; set aside. In medium saucepan over low heat melt ¼ cup butter or margarine. Add onion and green pepper; sauté until tender. Add creamed corn, tuna and chilies; cook 2 minutes, stirring occasionally. Stir in ½ cup cornmeal, water, 1 tablespoon sugar and 1 teaspoon salt; cover and simmer over very low heat for 10 minutes. Remove from heat; pour into prepared casserole; set aside.

Meanwhile, in small saucepan gradually heat milk, 3 tablespoons butter or margarine, 1 tablespoon sugar and 1 teaspoon salt over low heat. Gradually stir in remaining ½ cup cornmeal; cook until thickened, stirring constantly, about 2 to 3 minutes. Remove from heat; stir in cheese and eggs. Spoon over tuna mixture. Bake 35 to 45 minutes. Makes 6 servings, about 470 calories each.

21. TUSCANY TUNA SALAD

Serve cold or at room temperature—delicious either way.

Dressing
¼ cup olive oil
2 tablespoons fresh lemon juice
1 garlic clove, crushed
½ teaspoon salt
¼ teaspoon ground sage
Salad
2 cans (16 oz. each) small white beans (navy or pea beans), rinsed and drained
1 can (6½ or 7 oz.) tuna, drained and flaked
¾ cup chopped red onion (1 medium)
1 tablespoon chopped parsley

Dressing: In small bowl combine all dressing ingredients; set aside.
Salad: In medium bowl toss salad ingredients; pour dressing over, tossing with spoon to mix well. Refrigerate 4 hours before serving, stirring occasionally. Makes 4 servings, about 230 calories per serving.

22. VITELLO TONNATO

Wow your friends with this Italian cold veal and tuna classic for a very special dinner. The sauce—NOT designed for calorie counters—is divine on poached chicken or turkey breasts as well.

1 medium carrot, cut in half
1 medium celery rib, cut in half
1 medium onion, cut in half
2½ pounds lean, boneless veal roast, rolled and tied
Tuna Sauce
3 egg yolks, at room temperature
3 tablespoons fresh lemon juice
½ teaspoon dry mustard
¾ cup salad oil
½ cup plus ⅓ cup olive oil
1 can (6½ or 7 oz.) tuna packed in oil, not drained
6 canned flat anchovy fillets
3 tablespoons capers, drained
¼ teaspoon salt

Day before serving: In Dutch oven combine 2 quarts water, carrot, celery and onion and bring water to a boil. Add veal, pour in more hot water, if needed, to just cover. Return water to a boil; cover, reduce heat and gently simmer meat for 1½ hours. Remove from heat. Let veal cool in its cooking liquid.
Tuna Sauce: Meanwhile, in blender container or food processor fitted with steel blade combine egg yolks, 2 tablespoons lemon juice and mustard. With blender or food processor running, gradually add salad and ½ cup olive oil in a thin but steady stream. Stop occasionally and scrape down sides of container. Remove to bowl. Place ⅓ cup olive oil, 1 tablespoon lemon juice and remaining sauce ingredients into blender container or food processor. Cover and blend until smooth. Fold into egg yolk mixture until thoroughly combined. Cover and refrigerate.

Spread a thin layer of sauce on serving platter. Remove cooled veal from broth; remove strings and cut veal into thin slices. Arrange veal slices on platter and spread liberally with sauce (reserve any remaining sauce). Cover with plastic wrap and refrigerate overnight. Serve with remaining sauce. Makes 6 servings, about 285 calories per serving of veal and about 100 calories per tablespoon of sauce.

23. TUNA BURGERS

Throw these together for a delicious meal in just minutes.

Burgers
1½ cups fresh bread crumbs
½ cup chopped onion
⅓ cup sweet pickle relish
¼ cup chopped celery
¼ cup sour cream
2 cans (6½ or 7 oz. each) tuna, drained and flaked
1 egg
1 teaspoon salt
1 egg
½ cup fresh bread crumbs
2 tablespoons salad oil
Ketchup and relish (optional)

In large bowl combine the first 8 ingredients, mixing well. Shape into patties. In pie plate, beat egg. Dip patties first in egg, then coat with bread crumbs.

In large skillet, heat oil. Cook patties until golden brown and heated through, about 5 minutes on each side. If desired, serve with ketchup *(continued)*

Hold the mayo.



It's so good you can eat it plain.

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TUNA COOKBOOK

continued

and relish. Makes 6 burgers, about 265 calories each.

24. TUNA CORN CHOWDER

For a hearty supper or substitute lunch.

3 tablespoons butter or margarine
1 medium onion, chopped
3 tablespoons flour
1 can (12 oz.) whole kernel corn (reserve juice)
2 cups milk
½ cup half and half cream
2 medium potatoes, peeled and diced
1 teaspoon salt
¼ teaspoon pepper
1 can (6½ to 7 oz.) tuna, drained and flaked
Dash hot pepper sauce

In large saucepan or Dutch oven melt butter or margarine over medium heat. Add onion and sauté until tender, about 2 to 3 minutes. Stir in flour until bubbly. Add enough water to reserved corn juice to make 1¼ cups. Add slowly to flour mixture, stirring constantly until slightly thickened. Add milk, cream, potatoes and seasonings; cover and simmer until potatoes are barely tender, about 15 minutes.

Uncover and stir in tuna, corn and hot pepper sauce and continue cooking until heated through. Makes about 6½ cups, about 135 calories per ½ cup. **End**

WINNERS TAKE ALL

continued from page 107

art, but I don't agree." She spoke mildly, shrugging, not making a defense of it. "I love the work, and I happen to be very good at it."

He nodded vigorously, had started to nod before she had finished speaking. "Yes," he said. "Yes."

"Yes?" She gave a startled little laugh. "Yes, what?"

"I like what you're saying. I like your sense of yourself. I like you."

They were married seven months later. During much of that time, Maggie had been arguing against it. She had been on her own for eight years. She was accustomed to living her own life. Sometimes she brought a project home and worked on it half the night, not bothering with dinner, eating a snack at maybe two in the morning. Sometimes she got up before dawn and went to the roof to watch the sun rise over the East River. She did not know how to accommodate herself to a husband. Especially to a husband who was used to conventional ways, to the routine and regulation of a large organization, to an orderly life.

"With me, you'd never know what was going to happen next," she said. "It wouldn't be fair to you. Unless I changed, and I'm not sure I can."

"I don't want you to change. It's you I love," he said. "The way you are."

"You think that now, but marriage does something to people. I've seen it. They try to manipulate each other. They try to chain each other down."

"You've seen the wrong marriages. We could enlarge, not shrink our lives."

She married him not because of anything he said, but because finally, even when they were apart, he was so much with her—not just in her mind, but as if in her skin and her veins—that marriage seemed the only possible condition.

Three years, she thought, singing her way along 52nd Street. They had been married three, lovely, marvelous, astonishing years, and though they sometimes fought furiously, Maggie yelling louder and louder and Peter getting colder and quieter, it was never about anything important, it never lasted and Peter had never tried to interfere with her way of living. And they were still in love.

Crazy in love, Maggie sang. Wasn't there a song like that? Crazy in love with her husband and her job and the city of New York. A token woman, crazy in love . . .

She ran up the steps of the converted brownstone, jammed between two large apartment houses, and unlocked the door into the long, narrow foyer. The whole house was long and narrow, and nothing that had been done to it had altogether changed the peculiar shape of its high-ceilinged rooms. But the house was something else Maggie loved. Except for the little backyard garden that Peter had designed, she had decorated the whole place herself. It was full of vibrant color and unexpected mixtures of furnishings that would have looked out of place in a conventional house but exactly suited this one.

"You home?" she called, hoping he might be, though it sounded too quiet. Whoever got in first started things going in the kitchen, and she heard no pots rattling. Just as well, she decided. Her promotion called for a celebration, dinner out, maybe champagne.

Peter was later than usual. Before he arrived, Maggie had showered and changed from the severe gray suit to a dress with bronze tones and a soft, full skirt. She used eyeshadow and lipstick quickly and sparingly, glancing only briefly in the mirror when she had finished. She knew how she looked, and how to make the most of it. On occasion someone thought she was beautiful, but she knew she was not even pretty. Still, no one would simply have glanced at her, as she had glanced at herself, and turned away.

Art *Director,* she said, standing in the middle of the bedroom and trying it out again, louder than on Madison Avenue. Well, she had earned it. She had worked harder than anyone in the department, often literally day and night. Not that she had ever minded. It was what she most wanted to do. But that was irrelevant. She had ability, she produced and she was getting the recognition she deserved. Let Ben Lytton believe she was just their token woman, if it made him feel better. She was the Art *Director.* Ben was still an assistant.

Maggie went to the window to watch impatiently for Peter. After a few minutes she saw him walking from the bus stop. She started to call to him, and then stopped. There was something affecting about seeing him down there on the sidewalk with no idea she was watching. She had never noticed how loosely he walked, as though his long arms and legs were not firmly attached to his frame. For some reason this seemed very touching to her. Lovable.

As he came closer, she saw that he was frowning a little, and she hoped he had not had a bad day, when she had had such a good one. In any case, he would stop frowning when he heard her news. It came to her that if she were still alone, not married to Peter, there would be no one to tell who would deeply care. Even her parents, though they would be pleased and would boast to their friends, were too far away, too uninvolved in her life now, really to feel what it meant.

Maggie ran down the stairs and was at the front door before Peter had his key in the lock. She was ready to fling herself at him, her triumph erupting in a tide of words, but she saw she would have to wait. He was too tired to be rushed at. In three years she had learned the signs. Even the brilliant blue of his eyes looked faded.

"Hi, darling," she said. "Rough day?"

She stood still, letting him put his arms around her and lean his cheek down on her hair. He smelled of bus fumes and other people's cigarettes.

"Not really rough," he said. "Big. Tiring. I'll tell you over a drink."

She made the drinks while he washed. He was an observant man, but it was only when he came downstairs again that he noticed her clothes.

"You're dressed up," he said. "Are we going somewhere?"

"Oh, I thought we might eat out, but we won't if you're too tired." She brought him his drink, and sat down on a pile of cushions on the floor with her own glass in her hand and the full skirt spreading around her feet. "I'll fix something here if you'd rather."

"I might feel like going out later." He took a sip of his drink and smiled at her. "You look too nice to waste on a routine evening at home."

He did not ask her why *(continued)*

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WINNERS TAKE ALL

continued

she had suddenly decided to eat out. He was used to her way of changing plans on impulse. It did not occur to him that she might have a special reason, and Maggie did not want to tell him now, even though she was exploding with it. Not now, when he was tired; when he was full of what had happened in his own day. She would wait until he could give her news all his attention and really appreciate how wonderful it was.

"I like the way you look, too," she said. "Could it be love?"

"I wouldn't be surprised." He slid down in his chair, a big, soft, comfortable nonentity of a chair that was the only prosaic piece of furniture in the room. "It's not a thing to take for granted."

"Oh, I don't. I was singing about love all the way home."

"You were?" He grinned. "Out loud, I bet. Everybody looking and thinking, 'What a nut-case.' "

"Yep. I disgraced you again."

"Never. You just go on keeping old Fuddy-Duddy from our door." He took a sip of his drink and tilted his head toward the ceiling. "What I meant was something a fellow in the office said today. His wife left him a few months ago. The worst of it, he said today, is there's nobody in his life anymore whom he'd die for, or who would die for him."

Maggie tried to see Peter's face, but all that was visible to her was his sharp chin with its faint evening stubble. She rolled her cold glass between her hands.

"That's pretty heavy," she said.

"It reminded me how lucky we are."

Because they would die for each other? The idea never occurred to her. It was not, after all, a thing people were usually called on to do.

"I've been feeling lucky myself today," she said.

"Yes." Peter shifted his gaze from the ceiling to her face. "Because, you see, love isn't all that easy to come by."

Maggie felt something odd under her skin. A deep kind of shiver. Was it fear? She knew very little about fear.

"Peter. Darling." She set her glass carefully down on the floor, out of reach of any unconsidered moves. "Exactly what are you trying to tell me?"

"Yes," he said again, and sighed. "Well. One of our research labs is moving to northern New York State. A lot of big companies are doing that, you know. Moving their operation, or parts of it, out of the city, because of the—"

"Darling," Maggie broke in, "you're dithering. I've never known you to dither. Please just tell me."

"They're putting me in charge of it. I knew last week they might. Maybe I should have said something then, but I thought I'd wait until I was sure." He covered her hand with his, began smoothing it slowly with his fingers as he talked. "It's a big thing for me, Mag. A pretty big, satisfying thing."

"Then why don't you sound happier?" She peered into his tired face. "Because it's so far to commute, or what?"

He shook his head. "Maggie, I said *northern* New York State. It's almost three hundred miles from here." His hand tightened on hers. "We'll have to move up there."

"*Move up there!*" She pulled away from him and jumped to her feet. "What do you mean, *move up there?*"

"It's a pretty area. Real New England towns, some of them not much changed since colonial times." Peter bent down and plucked Maggie's nearly full glass from under her heel. He set it carefully down on the table beside him. "It might be fun to buy one of those eighteenth century houses that you could do over in your own way. You're so good at—"

"Wait a minute," Maggie broke in. Her voice was shaking, and there was no way she could stop it. "Please, just wait a minute. I don't want to move to any real New England town. I don't want to do over any eighteenth century house. I want to stay in *this* house, in New York City." She wrapped her arms tightly around herself, as though otherwise she might fly apart. "Peter, this is where my *work* is!"

"Maggie, I know. Believe me, I know. That's why it was so hard to tell you." He spoke gently. "But I really don't think you'll mind moving so much, once you get used to the idea. After all, any place where we're together is home." He waited, but she said nothing. "And this is such a wonderful opportunity for me, Mag. My whole future," he went on. "How can I possibly give it up?"

Maggie's freckles, ordinarily no more than a faint sprinkle across her nose and cheekbones, stood out like bruises against the whiteness of her face.

"A wonderful opportunity for *you*. *Your* whole future. What about *my* future, Peter?"

"I'm sure that's nothing to worry about." He smiled at her. "With your talent and experience, you'll find a good job up there in no time."

"A good job." She took a deep breath. "I was appointed director of the art department today. Are you sure I'll find a job as good as that?"

He said nothing for a minute. Then he rubbed his face with his hands and spoke through his fingers.

"Maggie, I feel terrible. To have to drag you away just when you've—" He stopped, shaking his head. "I'm so sorry."

Maggie looked at him as if she had never seen him before. She was not sure she ever had.

"You're so sorry, but it's all settled. I give up my work and leave this house and New York and go job-hunting in some strange town." Her voice rose. "You're so sorry, but there's no help for it, is there? I don't really count. This is *your* opportunity."

"Is that what you think?" Peter still spoke quietly, but now there was a hard edge to his voice. "I thought it was yours as much as mine. I knew you'd be upset about leaving, but I thought you'd share at least a little of my pleasure. It seems I was wrong. All you're interested in is hanging on to your own triumph."

Maggie stood without moving, staring down at the cold face of this man who had become a stranger to her. In some desolate corner of her being she wept for the lost woman who had sung about love. But she spoke steadily.

"And you don't believe I have any right to hang on to it, do you? Not when it conflicts with yours," she said. "This is a pretty basic disagreement. To me it means our marriage isn't at all what I've always imagined it was." She clenched her hands hard. "Peter, I'm not going with you. I'm staying here where my job is. I hope you'll change your mind and stay too, but if not—well, then not."

She turned and left the room before the trembling inside began to show.

Peter did not come after her. If this had been one of their ordinary quarrels, he would have come. Or she would have gone to him. They would have ended up making love and laughing at themselves for their foolishness. Two people with so much love between them, fighting as if they hated each other.

But tonight Maggie stayed in the bedroom, and Peter did not come all night. She flung herself around in the big bed, tangling the sheets, throwing off the blankets and pulling them back again.

How could she have been so wrong about him? He was willing to let her do her own thing in her own way, as long as it did not seriously interfere with him. But when it came down to it, he expected her to give it all up and follow him where he wanted to go. He was sorry she must lose her big chance at the agency, but of course she must; he was certainly not going to lose his. . . . How could she spend the rest of her life with a man who felt like that? He wasn't the man she loved.

She slept finally. In the morning, she awoke before the alarm went off. Her back was cold. She inched sleepily across the bed to fit herself into the warm hollow of Peter's curled-up front, but he wasn't there. He had not been there. His pillow lay smooth and cool beside hers.

Maggie remembered then, and sat up. Her anger had dissolved during the night, leaving something *(continued)*

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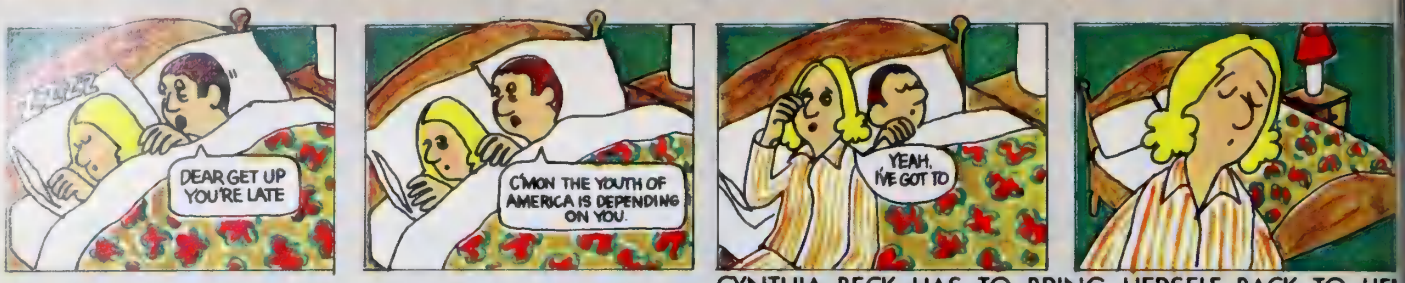
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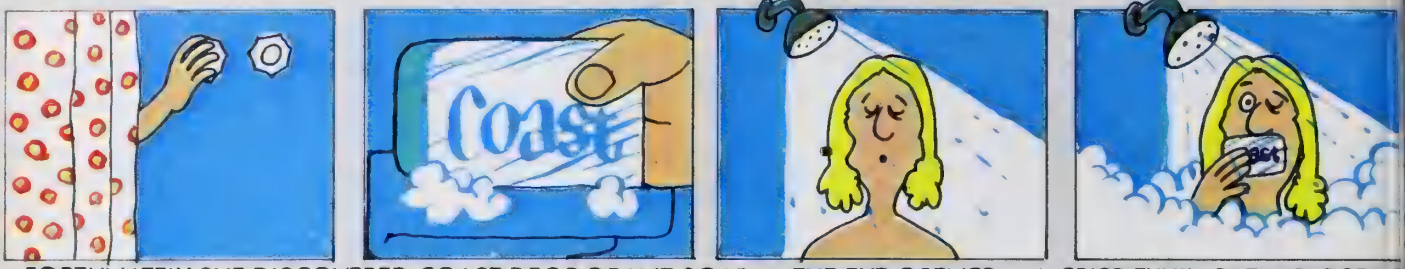
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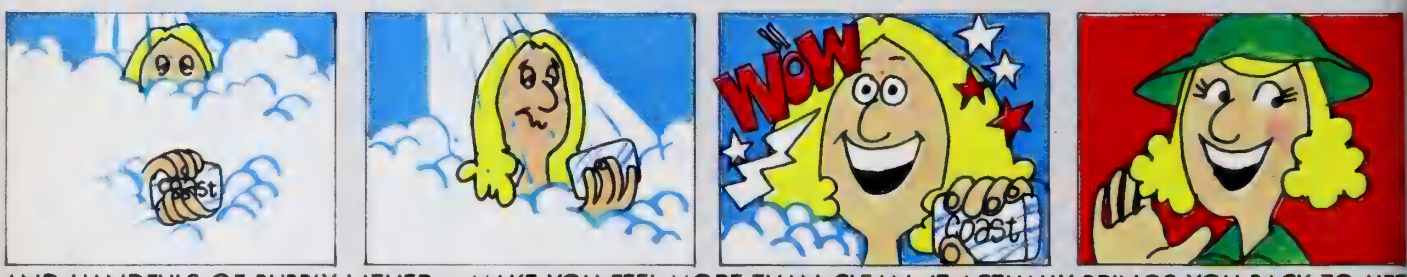
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WINNERS TAKE ALL

continued

bleak and heavy in its place. She thought that if she tried to sing her voice would clank.

Before she went downstairs and saw the note, she knew Peter had left the house. He was not one simply to sleep, sulking, in another room. He wanted to be alone, he wrote, to think things out. Well, good. Let him think. Maybe he would realize what he was asking of her.

Meanwhile, she made up her mind to enjoy being on her own for the first time in three years. Nobody else to think about. Nobody else to please. Not that Peter made demands on her—until now. She had never, until she met Peter, wanted anyone there all the time in the middle of her existence. She was going to enjoy having herself to herself again while Peter was thinking.

Only she didn't. She kept forgetting he was gone, and then remembering with a fearful jolt. Or talking to him when she knew he was not there. Even at the office, where she had not yet taken over as art director.

"This is my whole life. You're asking me to give up my whole life," she was saying when Ben Lytton came in with a layout to show her. He glanced around the room, and then stared at her with a funny look and gave his tight little smile.

"Don't do it," he said. "Whoever he is, he isn't worth it."

"Whoever he is, he isn't worth it," she repeated out loud, testing it, as she walked home along Madison Avenue. "Why should I give up my whole life," she elaborated, "for any man?"

A teen-aged boy passed by, gaped at her and snickered. Maggie stuck her tongue out at him.

"Why should I, even for Peter?" she said, and got a certain satisfaction out of seeing the boy turn blazing red and spring away from her.

5

She walked on more slowly, in no hurry to get home. It was her fourth day alone. The fourth time she would come home to an empty house that was so full of Peter she could hear him rattling pots in the unoccupied kitchen, see him sprawling in his ugly, vacant chair, smell him on the unused pillow next to hers. She had lost the habit of living alone. If he never came back . . .

Maggie stood dead still on the sidewalk, so that people had to walk around her. They must have thought she was crazy. But she could not have cared less what they thought.

Never, she was repeating to herself. He would come for his things while she was out and go to live in *(continued)*

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WINNERS TAKE ALL

continued

his colonial town and head the research lab, and she would never see him again. After all, why should he give up his whole future for any woman, even for Maggie?

After a while she turned into Fifty-second Street and plodded up the steps of the brownstone, noticing how squeezed it looked between the two large apartment houses. As she had every evening since Peter left, she imagined she heard pots rattling in the kitchen.

"I can't stand it," she said aloud. "I'll sell the house."

He came out of the kitchen with a long fork in his hand. "Did you say something?" he asked her. When she stared at him, not altogether certain he was real, he said, "I brought along some meat for dinner. I was just starting it."

"Oh," she said.

He put the fork down and moved closer to her. He said, "I forgot to congratulate you. I forgot to say how terrific I think it is. If anyone deserves that promotion, you do."

"I'm not accepting it," she said. "I'm going with you."

"No."

"I am, Peter! I am!" She stamped her foot. "Nothing's any good without you."

"But I'm not going any place," he said. "I'm staying here with you."

"I won't let you," she said. "It means your whole future."

He shook his head. "Maggie, listen. I thought I was a pretty enlightened guy. Weren't we equal in everything? Didn't I help with the cooking and cleaning and all that? Wasn't I proud of your work? Oh, sure! Until it came to a question of your work or mine. Then all this male ego began rearing up. I've had four days to look at myself and think this all out. You were right. Why should I expect you to drop everything because I'm the man and my job is important? You're the woman, and your job is just as important."

"But it's not *more* important. Peter. I've had four days to think, too. If we're equals, why should you be the one to give up your choice?"

"I'll tell you why. Because we're not equals. Not out there in the world. Not yet. Which means that here in New York I'll almost certainly get another chance at a top job, but if we move away, you almost certainly won't."

"I don't like that *almost*, Peter. If it never happens, you might get to hate me."

"If I drag you away, you might get to hate me."

"I could never hate you."

"Well, I could never hate you."

"No," she said. "I don't care what you say. I want you to have this job."

"You're just being stubborn, Mag. I won't take it."

"You're the stubborn one."

They went on like that for a while. Suddenly Maggie stopped and sniffed.

"I smell something," she said.

"The beef Bourguignonne!" Peter made a dash for the kitchen. In a moment he was back. "It's all right. I got it just in time." He looked at her. She thought she had never seen his eyes so blue. "Maggie, give in," he said softly. "Say we'll stay here."

She smiled. "All right," she said. "You win."

"Now you're being smart." He reached for her. "Winning is good for the male ego, you know," he murmured.

After a time she murmured back. "It's a funny game," she said. "You have to lose to win."

"What game are you talking about?" he asked her.

"Love," she said. **End**

continued from page 76

BASEL ONION TART

This bacon-and-cheese tart is much like quiche Lorraine except that it is filled with thinly sliced onions. It should be served warm—and is perfect for a party luncheon. It also makes an appropriate first course for a not-too-rich dinner.

3 slices lean, smoky bacon, snipped crosswise into julienne strips
1 tablespoon unsalted butter
1 large Spanish onion (about 4 inches in diameter), peeled and quartered lengthwise
1½ cups light cream
3 large eggs
¼ pound well-aged Gruyère cheese, cut into columns about the height and width of the food-processor feed tube
¼ teaspoon salt
⅛ teaspoon white pepper
⅛ teaspoon freshly ground nutmeg
1 9-inch unbaked pie shell

In a large, heavy skillet set over moderately high heat, sauté the bacon until crisp and brown; drain bacon on paper towel; crumble and reserve. Pour drippings from skillet, measure out 2 tablespoons of them and return to the skillet along with the 1 tablespoon of butter.

In a food processor fitted with a slicing disc (the thin-slicing disc, if you have one), thin-slice the onion by pushing the quarters down the feed tube one at a time with gentle pressure. Dump onion slices into skillet and sauté over moderately low heat 8 to 10 minutes until limp and golden—do not allow to brown. Set off heat, but keep warm. Wash and dry the processor work bowl and equip with the shredding disc. In a mixing bowl, beat the cream and eggs until frothy. Set aside for the time being. Shred the cheese by pushing it through the feed tube with light pressure. Add it to the cream mixture along with salt, pepper and nutmeg, and fold in.

Scatter the sautéed onion slices over the bottom of the pie shell, pour in the cream mixture, then sprinkle the reserved bacon on top. Bake uncovered in a hot oven (400° F.) for 10 minutes, reduce heat to moderate (350° F.) and bake for 20 to 25 minutes longer, or until tart is puffy and lightly browned. Remove from oven and cool at least ½ hour before serving. Makes 8 servings, about 320 calories per serving.

WIENER (VIENNESE) GOULASH

Whenever special guests were coming to dinner, my mother would pull out a card written in an angular German script. I have that card today. I keep the Wiener Goulash recipe to remind me of the days when Mother and I would sit down to chopping onions and slicing mushrooms. It was tiresome work, but Mother always eased the tedium by telling me of the wonderful year that she and my father had spent in Vienna. It was there that she was given the goulash recipe, by her landlady. As I prepare the recipe today, I wonder what that old-fashioned Austrian cook would think of speed-slicing the onions and mushrooms in a food processor.

6 pounds boned lean beef chuck, cut into 1½-inch cubes
1 cup all-purpose flour, unsifted
⅓ to ½ cup unsalted butter
6 large yellow onions, peeled and cut into wedges slim enough to fit into the feed tube of a food processor
2 garlic cloves, peeled and crushed
2 pounds medium mushrooms, wiped clean with a damp cloth (trim stems so that mushrooms will fit sideways in feed tube of a food processor)
¼ cup paprika (preferably the Hungarian sweet rose paprika)
½ teaspoon leaf thyme, crumbled
Pinch of ground nutmeg or mace
2 cups strong beef stock or broth
½ cup dry red wine
1 teaspoon salt (or to taste)
¼ teaspoon freshly ground black pepper (or to taste)
1 cup sour cream, at room temperature

(continued)

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continued

Dredge the beef, 8 to 10 cubes at a time by shaking it in the flour in a heavy paper bag, then brown well on all sides in the butter in a very large, heavy saucepot over moderately high heat. (Begin with about 4 tablespoons butter and about a fourth of the beef; as you continue browning the beef, add butter as needed to keep beef from sticking. Drain browned beef on paper towels. Slice onion wedges crosswise in a food processor fitted with a slicing disc (the fine-slicing disc, if you have one). NOTE: *Although the original goulash recipe calls for coarsely chopped onions, I find slicing both simpler and faster—a one-step operation because the onion wedges can be added to the feed tube as fast as the processor can slice them. Not so with chopping: you can successfully coarse-chop only two onions at a time; then you must stop the machine and empty the work bowl before proceeding. Since the onions used merely cook down into a rich brown gravy, it's immaterial whether they're sliced or chopped.*

Melt remaining butter in the saucepot (there should be about 2 tablespoons left), then dump in sliced onions and garlic and let sauté over moderately low heat while you thin-slice the mushrooms in the processor. Add mushrooms to saucepot and stir-fry 8 to 10 minutes just until golden. Return beef to sauce pot, sprinkle with paprika, thyme and nutmeg; cover and simmer 5 minutes. Add beef stock and wine, stir well and bring to a simmer. Adjust heat so that liquid barely ripples, re-cover and cook slowly 3 to 4 hours or until beef is fork-tender.

Season to taste with salt and pepper. If goulash seems too liquid at this point, simmer, uncovered, about 20 minutes or until juices thicken slightly. Skim off and discard fat. Smooth in sour cream, then bring goulash to serving temperature but do not allow to boil, lest the cream curdle. Ladle over hot buttered noodles or nockerln, or boiled new potatoes. (Nockerln are now packaged like noodles and sold in many specialty food shops.) Makes 10 to 12 servings; about 900 calories per 10 servings, 750 calories per 12 servings.

POTAGE CRÉCY (CREAM OF CARROT SOUP)

6 medium carrots, peeled, trimmed and cut into 4-inch lengths
3 tablespoons butter
2 medium leeks, trimmed, washed well and cut into 4-inch lengths
3 cups chicken broth
1½ cups heavy cream
3 egg yolks, lightly beaten
¾ teaspoon salt
Dash of white pepper
¼ cup very finely shredded carrot, minced parsley or snipped chives (garnish)

In a food processor fitted with the slicing disc, thin-slice the carrots by pushing them down the feed tube with almost no pressure. Empty into a large, heavy saucepan in which you have already melted the butter.

Thin-slice the leeks the same way you did the carrots and add to the pan. Set over moderately low heat and stir-fry about 10 minutes, or until limp and golden. Add the chicken broth, cover and simmer about 30 minutes, or until carrots are mushy-tender. Set a large, fine sieve over a heat-proof bowl and pour in the soup.

Remove the slicing disc from the food processor and slip the metal chopping blade into place (no need to wash the work bowl). Put in the strained-out solids, and purée by letting the motor run nonstop for about 10 seconds. Examine the texture of the purée; it should be silky smooth. If it is not, buzz for another 5 seconds.

Empty the purée into the saucepan and add the strained soup.

Whisk the cream and egg yolks together in a mixing bowl, ladle in about cup of the hot soup and mix briskly; stir into saucepan. Set over low heat and heat and stir about 3 minutes, just until thickened. Do not allow to boil, or mixture may curdle. Season to taste with salt and pepper. Ladle into soup bowls and scatter shredded carrots, minced parsley or snipped chives over each portion. Makes 6 cups, about 335 calories per cup.

ORANGE-WALNUT TORTE

I frankly see no reason to make standard butter cakes in the food processor—sponge or angel cakes either, for that matter. The electric mixer does a superior job and its work-bowl capacity far exceeds that of the processor. There is, in fact, a danger of overmixing cake batter in a food processor, particularly after the eggs and sifted dry ingredients have been added, which can result in a rubbery cake shot through with tunnels. The temptation, of course, with a machine as new and revolutionary as the processor, is to try all of the old favorites in it. And, indeed, a number of the first-published processor cookbooks do recommend mixing yellow and silver cakes in the processor. I don't. I do, however, urge you to make this exquisitely moist and tender torte in the processor. It contains no flour at all, and uses finely ground walnuts and bread crumbs instead for body. You can, if you like, substitute an equal quantity of pecans, blanched filberts or almonds for the walnuts, and the peel of one lemon for the orange peel. This torte is uncommonly rich, so I prefer to serve it unfrosted. You may, however, want to ice it for an especially festive occasion or simply top each portion with softly whipped cream.

(continued)

"All right," I said. "I'll do something different with my pork chops." So I added a blend of two rices with different herbs and seasonings.



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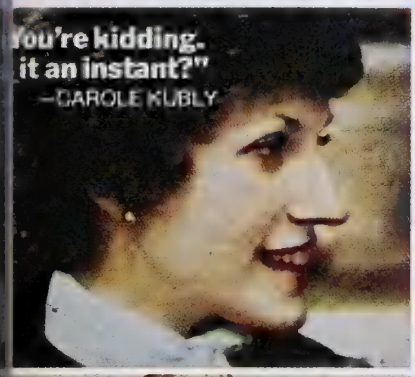
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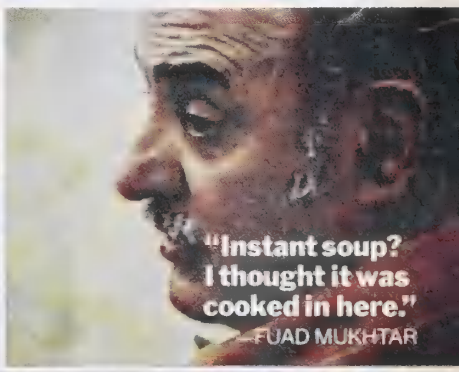
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We dared to serve instant soup at a church supper.

All these good people thought it was homemade. But it was Nestlé Souptime®











FOOD PROCESSORS

continued

2 slices firm-textured white bread, torn into small pieces
2 cups shelled walnuts
Peel of ½ orange (remove the thin, colored part only, using a swivel-bladed vegetable peeler)
1½ cups sugar
½ teaspoon almond extract
3 eggs, separated
Pinch of cream of tartar

It's wise to prepare the cake pan first, so that it will be ready for the batter as soon as it is mixed. Line the bottom of a 10-inch tube pan (I prefer to use one with a removable bottom) with wax paper. Do not grease the wax paper and do not grease the pan.

In a food processor fitted with the metal chopping blade, buzz the bread to fine and feathery crumbs by using 3 5-second churnings of the motor; empty the crumbs into a large bowl. With the same blade (no need to wash the work bowl), chop the walnuts very fine, again using 3 5-second churnings of the motor; empty into bowl with the crumbs.

Place the strips of orange peel and ¼ cup of the sugar in the processor work bowl, and mince the peel very fine, using 3 10-second churnings of the motor. Uncover the work bowl after each churning, lift out the chopping blade, then scrape the bottom and sides of the work bowl well. (The sugar and peel tend to cake on the bottom of the bowl below the level of the blade.) Replace the chopping blade, re-cover the work bowl and proceed until the peel is reduced to fine particles. Leave this mixture in the work bowl.

Now add the almond extract and the egg yolks and beat lightly by switching the motor on and off twice. If you have a feed-tube funnel, insert it. If not, shape a heavy piece of paper into a wide-mouthed cone and insert it in the top of the feed tube. Turn the processor on and gradually add 1 cup of the remaining sugar, letting it trickle down the feed tube into the whirling egg mixture. When all of the sugar has been incorporated, beat the mixture for 25 seconds longer, nonstop. Pour this mixture on top of the nuts and crumbs and stir lightly but thoroughly to mix.

Place the egg whites in a large bowl and sprinkle the cream of tartar on top. (The reason for using cream of tartar is that it helps to whiten and stabilize the beaten whites, insuring a cake of good volume.) Using a rotary beater or hand electric mixer, beat the egg whites until frothy, then add the remaining ¼ cup of sugar, 1 tablespoon at a time, beating well after each addition. Continue whipping the egg whites until they peak softly. Stir about 1 cup of the beaten whites into the walnut mixture, then add the remaining beaten whites and fold in gently but thoroughly, using a rubber spatula.

Pour the batter into the prepared pan. Bake uncovered, in a moderate oven (350° F.) for 1 hour or until torte is lightly browned and feels springy to the touch. The surfaces of the baked torte will seem soft and moist; that is as it should be. Remove the torte from the oven, turn the pan upside down at once and allow the torte to stand in the pan for 1 hour, or until it has cooled to room temperature.

Then turn the pan right-side up and loosen the torte around the edges of the pan and around the central tube. Grasping the central tube, lift the pan bottom out, bringing the torte with it. Now slide a thin-bladed knife or spatula between the wax paper and the pan bottom to loosen the torte. Place a cake plate on top of the central spindle, then invert the torte. Peel off the wax paper.

NOTE: *If you intend to frost the torte, do not do so until after it has stood at room temperature for at least 3 hours. This torte is a particularly fragile one, and the waiting period is to give it a chance to firm up somewhat before you apply the frosting.*

Makes one large 10-inch cake. Makes 16 servings, about 200 calories per serving. **End**



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Pampers predicts a happier, healthier future for your child with our Baby Care Card File. It consists of 330 cards (plus 22 divider cards) on topics relating to the first three years of childhood. You'll learn about your child's growth and development with the first group of cards. Set Two covers health and safety. Set Three will help make you more of an expert on learning and play. And you can find the facts you want in seconds, because the cards can be arranged by topic or by child's age.

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A TIME FOR CHILDREN

The United Nations has designated 1979 the International Year of the Child. This gives us, in the United States, a special opportunity to focus on the needs of our children. As we do so, we aren't alone: 150 nations around the world are also looking at the lives of their own youngest and smallest citizens.

Children are resilient, tenacious and adaptable. They are also vulnerable, defenseless and powerless. And there has never been a more complex time in which to be a child—or in which to be a parent.

Establishing a safe place in which a child can flourish and grow in this unsafe world is an awesome challenge. For us, as individuals, as parents and as community members, meeting the challenge can be a joyous, exhilarating and rewarding experience. It is also our deepest responsibility.

To fulfill that responsibility, we must all reach out, join hands and create the best lives possible for our children. Because with our help, children everywhere can become the healthy, confident, contributing—and loving—people they are meant to be.

Jean C. Young, Chairperson
U.S. National Commission
International Year of the Child



HELPING YOUR CHILDREN TO LOVE EACH OTHER

Can those squabbling kids in the next room ever be best friends? Yes! And you can make it happen. By Joyce Maynard

Brotherly love, sisterly devotion. That's what siblings are supposed to feel for each other. The phrase "She's like a sister to me" is meant to conjure images of great and lasting closeness and devotion. The trouble is, often, that your own sister may *not* be like a sister to you. Brotherly love, too frequently, is replaced by brotherly indifference, or worse.

This doesn't mean that brothers and sisters can't become close, but there's nothing easy or automatic about it. Friendship among siblings needs to be nurtured. The rewards are more than simple day-to-day family harmony: An adult who has a close bond with a brother or sister has a constant source of strength. "We all know we'd be there to bail the others out anytime they need us," says a man who comes from a family of eight. "My brothers and sisters are the best friends I've got."

For brothers and sisters to be so close as adults, it's almost certain that the bond was formed in childhood. Sometimes, of course, siblings who fought constantly when they shared a roof find that a friendship begins only when they're grown—they're no longer vying for the biggest piece of pie, or the use of the telephone, or the most love from their parents. More likely, though, the basis for adult friendship with a brother or sister lies in having happily shared the years of childhood.

What, then, can parents do to help build a strong and loving bond among their children? Parents should probably look first to the example they set with their own relationship. If it's a good one, they provide each child with a fortunate model for his relationships with his brothers and sisters. This isn't to say that parents shouldn't fight, or that children of an unhappy marriage have no chance for good relationships. It's how the parents handle trouble that counts. In fact, the most dangerous situation may be one in which parents deny the existence of friction in the marriage. "I've seen couples who say they never have an argument," says Dr. James L. Framo, a professor of psychology at Temple University and a pioneer in family therapy. "But their children are battling constantly. Those children are having the fights their parents aren't having."

Beyond their treatment of each other, though, how parents behave toward their children determines, to a large extent, whether the children coexist amicably. In fact, probably the most common deterrent to loving, happy relationships among siblings is competition for their parents' affection. Rebecca tells a story from her childhood, of hearing her sister come in the front door, and hearing her mother's voice calling out, "Is that you, sweetie?" Then her sister's answer: "No, it's only me." As long as one daughter was "sweetie" and the other "only me," how could the two ever get along?

Unequal treatment doesn't have to be so blatant to be damaging. To prevent it—blatant or subtle—parents need to examine their feelings toward each of their children. When mothers and fathers are asked, "Which child do you love best?" most reply automatically,

HOW CHILDREN LEARN TO REMEMBER



There's no way a three year old can make himself remember a long list of items to take to nursery school. But he *can* make sure that simple things don't slip his mind, like the *Sesame Street* program his mother promised he could watch later that day.

By preschool age, children are often capable of making themselves remember little things that are important to them. According to new studies by psychologist Henry Wellman of the University of Michigan, they begin to develop simple strategies that help them remember to remember.

Parents ought to encourage and praise these abilities, says Wellman. "Memory is an important problem-solving tool."

Along with praising a child's early efforts to remember, it's important for parents to recognize what a preschooler can and can't be expected to do, says Wellman. For example, preschoolers:

- **Can't generally remember things that will occur in, say, two weeks. They often can remember something that will take place in an hour, especially if it is important to them.**
- **Can't remember a lot of different things at once, but can generally remember to perform a routine action such as brushing their teeth before bed.**
- **Can remember physical facts—where a favorite toy is located, for example.**
- **Can help themselves learn to remember by enlisting an adult's help. A child may say, "Mommy, don't forget to put my skates out for school."**

These simple memory accomplishments may not seem like much to an adult, says Wellman, but they do show that a child is beginning to devise ways to cope with his world.



"We love them all the same." But this is just about impossible. And there needn't be any shame in admitting it. "At any given time in our family, there will be one of my children I'm feeling especially close to and one who isn't having anything to do with me," says a father of seven. "It changes constantly." But you can love your children differently without loving one less or more.

Suzanne, for example, gave birth to Timmy when she was just 18. Caring for a new baby when she and her husband Bob were so young and had so little money very nearly finished their marriage. She says now, "I took a lot of my unhappiness out on Timmy." Suzanne and Bob had their next baby under very different circumstances: Bob's car repair shop was well established, and Suzanne had fixed up a house and was able to quit her job. Understandably, she enjoyed Carrie's infancy as she'd never enjoyed Timmy's—which could easily have left Timmy hating his sister.

Instead, Suzanne talked to her son about the differences in her experiences with the two children. "Timmy and I went through the photograph album, looking at pictures of the tiny apartment we had then, and I joked with him about all the tuna casseroles we ate." What Suzanne conveyed to her son wasn't, "You made us go through hard times," but, "The three of us went through hard times together." Timmy may be quieter and more serious than his giggly, outgoing sister, but he seems genuinely, unjealously devoted to her—maybe because he feels secure that he's as well loved as she is.

The number of years separating brothers and sisters, and their sex, can be another important factor. A boy who's been an only child for eight years may be happier about a new brother than a two year old whose mother disappears for days and comes home with a new baby who takes over his crib. Three girls, ages three, five and seven, will not feel the same about the arrival of another sister (to join their team) as they may toward a baby brother who's the son their father has always wanted.

Still, it's impossible to say that there's an ideal number of years separating children in a family, or an ideal combination of girls and boys. The best advice suggests that parents recognize the particular problems the spacing and sex of children can create, and deal with them in a way that won't damage the children's feelings for each other. (The first month after bringing home a new baby is a bad time to begin working on his five-year-old brother's table manners, for instance. It's a good time to extend his privileges: A new two-wheel bicycle may help him to feel that being "older" means having greater freedoms.)

It's important for parents to encourage their children's sense of themselves as separate people. With that in mind, parents should try to avoid making comparisons. "Why should I hold up to my youngest how well my older daughter did in school at her age?" said Jan, the mother of two girls, eight and ten years old. "They have different minds, different personalities."

Sometimes, comparisons lead to the problem of casting children into roles from which they can't escape. "For as far back as I can remember, I knew—because my parents were always reminding us—that my brother was the smart one, my sister was the pretty one and I was the nice one," says Alison. "It wasn't until I met my husband, who didn't see me in terms of how I compared to my brother and sister, that I realized my sister wasn't all that beautiful, I wasn't always so nice and I could be just as smart as my brother. We get along a lot better now that we don't have to rule out certain qualities in ourselves."

Competition among siblings can also arise over one fundamental factor—space. The less room there is, the more likely brothers and sisters are to battle over it. So the best way of dramatizing, for a child, that he is different and unique is to give him some uncontested territory. Ideally, this would be his own bedroom.

Sometimes it's true that putting children in the same bedroom forces them to work out their differences. It makes it impossible, at least, for them to ignore each other. But remember—siblings have not chosen each other. So it seems only fair, whenever possible, to provide them with choices in other areas. Children may opt to bunk together. But this is not at all the same as being forced to.

Realistically, of course, it's not always possible for every child to have her own room. Even so, some small space could be set aside (maybe a drawer, a locked box, a cupboard) that is absolutely private and inviolable. Having to share everything, all of the time, is almost sure to spoil the beauty of sharing.

In trying to reduce competition and fighting among their children, parents should be wary of mistaking equal treatment for fair treatment. "I was so tired of fights over who got the best Christmas presents," says Pamela, "that last year I got identical dolls for our daughters." Surely there's a better solution: A child should be able to feel her present was chosen with her—not her and one or two others—in mind. The best doll for a nine year old isn't the best doll for her three-year-old sister. In fact, the result of bending over backwards to avoid charges of inequality is likely to ☞

LOVE SONG TO MY BABY GIRL



Erica Jong's husband, a writer himself, celebrates the joy—and fear—of fathering. By Jonathan Fast

Dear Bean,

This is a letter to you, so you will know how you came to be. You will not read it for quite some time, because you are only ten days old, and all you do right now is roll your eyes and stick out your tongue and flail your arms and legs. Sometimes, the corners of your mouth go up, and although the baby books say it's only gas, I am sure it is a smile.

Please forgive the "Bean." Your real name is Molly Miranda Jong-Fast. Molly, because it is a tough name and your mother and I think a woman needs a little toughness; and Miranda, as an optional second in case you turn out simply too elegant to be Molly; Jong, because that's your mom's last name—your mom's Erica Jong; she wrote *Fear of Flying*—and she certainly deserves equal billing on such a fine piece of work as you. And Fast, because that's my last name, a good name for a writer, short enough for a marquee if you become an actress.

Then why am I calling you Bean?

Because you are small enough for me to hold in my arms, because you're pink and warm and smooth as silk, even on the bottom of your feet.

Oh, you've given us trouble, even *in utero*. In fact, I remember the day your mother found out she was pregnant. We'd been trying to get pregnant for over a year, and when she called me, her voice was trembling, so frightened. *I'm pregnant*. I laughed over the phone. I laughed with delight. When I picked her up at the station she looked terrible.

"Hi, Mom," I said. ☞



produce more relentless scorekeeping than ever between the children. "By the end of the day," Pamela says, sighing, "Bonnie's doll, which had been given a shampoo, didn't look anything like Melody's. The fact that they'd started out with the same thing meant Bonnie felt twice as bad."

Sometimes, too, the meaningfulness of a parent's gesture toward one child is canceled out or diluted if it includes all the brothers and sisters. "When I was ten, I worked all year on my science project," recalls Joel. "When I won the first prize, my dad took me and my two little sisters into the city for the day, bought us all presents and took us all out to dinner. That should've been my day and I always resented my sisters for tagging along."

In Joel's case, special attention would have been appropriate to the special event. But even when there's nothing in particular to celebrate, giving children time alone with a parent is a good idea. "I set aside one day every few months for each of our kids," says one father. "Whatever Josh wants to do on his day, within reason, we'll do it. Often, it's something we couldn't do with his sister around. When it's Kathy's day, we often do something her brother would call 'babyish.' " As a result, that father maintains, his children don't feel resentful when one does interfere with the activities of the other.

Of course, all the privacy and individual attention in the world can't bring about closeness among siblings unless they also do things together. So it's wise for parents to set aside special "family times." Stephanie, mother of three teenagers, says, "Sunday night at our house is just about sacrosanct. Everybody stays home and one of us makes a special meal; then we read out loud, play charades or just talk. It's funny—except for a couple of times when term papers were due, nobody's ever missed a Sunday night."

It's a good idea, one knowledgeable parent advises, to keep family times fairly brief and choose activities that allow everyone to participate. Also, family-togetherness hour is probably not the time to clean the attic or weed the garden. Better, at first anyway, for children to associate their time with each other with the rewards of a good meal or a trip to the mountains rather than with doing chores.

Some parents not only don't plan those rewarding times, they prevent them. A veteran of a poor sibling relationship describes what happens then. "When I was growing up," says Joanna, "my mother constantly used my little brother as the excuse for why I couldn't do something or go someplace. It was always, 'Eddie's got a cold so you'd better stay home,' or 'We can't go on a vacation because Eddie's braces were so expensive.' The only effect my brother seemed to have on my life was to spoil my fun. I know I held it against him."

Another woman tells how she deals with what could be a major sore point—that one is older and can do more.

"I try to emphasize, with my kids," she says, "the ways that having each other works to their advantage. My five year old, Kara, knows that if she didn't have a big sister around to take care of her, I wouldn't have time to make special desserts and sew outfits for pet stuffed animals. My ten year old, Beth, knows that we wouldn't have a puppy if her little sister didn't keep her promise to take care of it when Beth's away at camp, or sleeping at a friend's house. On Kara's last birthday, Beth made her a card that said, 'I'm glad you were born.' I think that card said how Beth feels most of the time."

A word of caution here: It's easy to go overboard with an "appreciate-your-brother-or-sister" campaign. Too much emphasis on helping and being helped, in fact, can generate bad feeling between children. A youngster who always has to be taken care of or instructed by his older sister may grow to resent her presence in his life. And a child who's constantly presided over by his older brother or sister is bound to feel that he's always low man on the totem pole.

Having the older child play parent-substitute isn't always good for her,



"Don't call me that, don't joke about it. I'm not even sure I want a baby."

Listen, Bean, when you get to know your mother, you'll understand her feelings. For years people had been telling her that a woman had to make a choice between having children or having a career, not a choice she wanted to make, and I guess she was feeling really scared that day.

But as the months passed, little Bean, and you grew fast as a bean seed in her womb, she got happier and happier. Her whole being seemed radiant.

As for me, it's hard to say how I felt. Like most men, I've been taught to appear so optimistic and fearless that I don't even know, most of the time, when I'm afraid. Chances are I was more than a little scared, too, but I guess I was too busy worrying about your mom to spend much time worrying about you.

We had a wonderful Lamaze teacher named Monika, who taught us the breathing that eases labor pains, and gave us a mini-course in the anatomy of the womb.

The assumption is that fear is largely a product of ignorance, and with knowledge would come courage. Forewarned is forearmed, as they say. But pictures in the birth atlas, especially the one of the baby's head being squeezed through the tight orifice of the birth canal until it was shaped like a sausage, made me queasy.

Your mother went into labor while we were watching *A Tale of Two Cities* on TV—one of my favorite movies. We raced down the Merritt Parkway to Stamford Hospital in Connecticut, 43 miles away. Erica's contractions were three minutes apart and she was already five centimeters dilated, halfway there. Our doctor had reassured me, I don't know how many times, that I would have hours to get to the hospital. First babies are *always* late. But despite his reassurance, I was terrified, sure we'd get lost. I suppose the trip to the hospital had become a hook on which to hang all my fears; it was also my last real job before the doctors took over. I was near hysteria, but I found the hospital anyway.

Our doctor was waiting; so was Monika, who had volunteered to be there throughout the labor, like a mid-



either, because it forces her to take what will often be unpopular positions with her younger siblings. Furthermore, it's not wise to burden a child with adult responsibilities that she's not yet equipped to handle. Better to leave the laying down of laws to parents.

If it's important for parents to take steps that will bring their children closer, it's equally important that they know when to let their children work things out themselves. Mothers and fathers who always arbitrate their children's disputes, however petty, convey the message that their children are indeed on opposing sides. And a certain amount of bickering helps children learn how to settle their differences by themselves—a useful skill for childhood and beyond.

Sometimes, too, it's natural for siblings not to get along. Telling a four year old, whose baby brother just broke her toy that, "you should love your brother" isn't going to do a thing. There are times, indeed, when the only appropriate sentiment for one sibling to express toward another is anger or resentment. Allowing him to feel it—telling him it's acceptable—will at least remove a second kind of bad feeling toward his sibling. Namely, guilt.

What may be hardest for a parent to allow (even encourage) are the moments when her children's attachment to each other supersedes their attachment to her. But if brothers and sisters are to trust each other and join forces, that may sometimes mean joining forces against Mom and Dad. And Mom and Dad need to be ready to give up their total priority in their children's lives. "If one of my sons were in real trouble, I'd expect his brother to tell my husband and me about it," says Melanie, mother of two teen-agers. "But though it's a great temptation, often, to ask Greg something about Patrick, I don't. He probably wouldn't tell me anyway, if it was meant to be just between the two of them. We've got a very good relationship, but each of my boy's first loyalty is to his brother."

Truly, there may be nothing more valuable that parents can pass on to their children than the gift of each other. **End**

THE BEST TIME TO START YOUR FAMILY



When is the ideal time to have a first child?

To explore the pros and cons of early vs. late family-timing, two Wellesley College researchers, Pamela Daniels and Kathy Weingarten, interviewed 72 women. Of these, some had had their first child in their early 20s; others had waited until their early 30s.

The researchers found that the "earlies" embraced parenthood with greater spontaneity. They had fewer mixed feelings about their loss of freedom than "late" mothers had. For younger mothers, the biggest problems were financial. Later on, when it came time for these mothers to return to work or school, they were pleased that they were still young, that their most difficult child-rearing years were behind them.

The older, first-time mothers were happy they'd waited to have children and that they'd had time to mature. As one put it, "I couldn't have parented a kitten in my twenties." These women also felt that having begun careers before becoming mothers was a plus. Although some of the "early" mothers regretted not waiting, none of the "late" mothers were sorry that they had waited.

Clearly, there is no perfect time to start a family. Researcher Daniels thinks there may be greater advantages to waiting, but basically, she says, "It's a tradeoff. The most important point is that now we have the leeway to decide when to become parents."



wife. Your mother lay on the bed panting her heart out. I panted along with her because it seemed to help and I couldn't think of what else to do.

Oh, little Bean! You would have been so proud of your mom, your mom who was never much of a martyr to pain. For seven hours she panted, strong and courageous. And when the doctor told her that labor wasn't progressing, that the head was at a bad angle and that she would need a cesarean, your mom insisted on going just a little longer and kept at it for another two hours. It was the longest time I've ever seen your mother go without making a joke. That's what worried me.

I kept smiling, panting, encouraging her; meanwhile, waves of sadness swept over me, feelings so strong I had to struggle not to cry. Your mom was so tired she was shaking, and her teeth were chattering. She took no more anesthetic—the little she had taken at the beginning seemed to weaken the contractions—and the pain was such that at times she was incoherent.

They wouldn't let me stay with her during the cesarean. I had to hang around in the fathers' waiting room. There was another expectant father there, but he was too nervous to talk about our mutual condition. Monika waited with me and told me about cesarean operations.

I waited. It was 6 A.M. At every sound from the hall I leapt from my seat and ran to the door.

"Why is it taking so long?" I asked Monika.

Another noise from the corridor, a squeak of wheels and there was a nurse pushing a cart, and inside the cart was a little pink thing—not so little really, eight and a half pounds—hair caked with blood, hands grappling at the air. I stood there staring at it.

"Are you sure it's mine?" I said to the nurse.

She nodded.

"Are you positive?"

She nodded.

"Jong-Fast? That's our baby?"

Yes, yes, yes.

It didn't seem possible, such a pretty little "Bean."

Much later they wheeled your ☞



THE CHILDREN'S BILL OF RIGHTS

- The right to affection, love and understanding.
- The right to adequate nutrition and medical care.
- The right to free education.
- The right to full opportunity for play and recreation.
- The right to a name and nationality.
- The right to special care, if handicapped.
- The right to be among the first to receive relief in times of disaster.
- The right to be a useful member of society and to develop individual abilities.
- The right to be brought up in a spirit of peace and universal brotherhood.
- The right to enjoy these rights, regardless of race, color, sex, religion, national or social origin.

This declaration of the rights of all children everywhere was created by the United Nations.



mom out of the elevator. She looked so tired. I knelt beside her and I kissed her and squeezed her hand.

"Are you okay?" I said.

"Oh, Jon, did you see her?" Her voice was so weak.

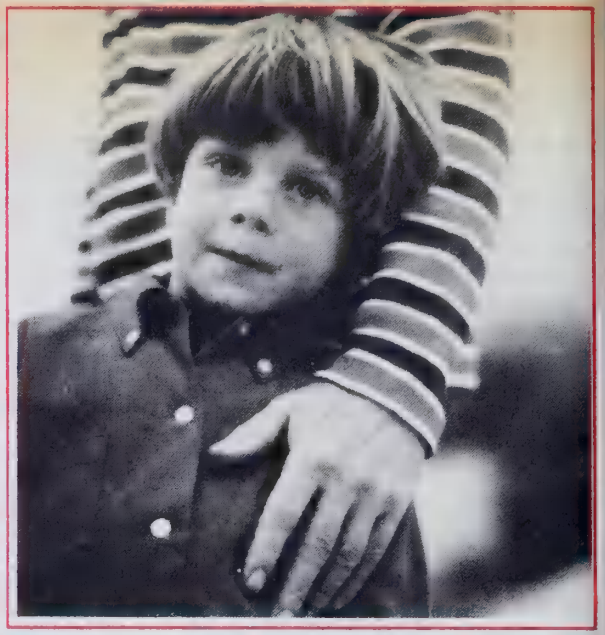
They brought us you, swathed in a blanket. And I knelt beside your mother and held you up to her face.

Your mom said, "She's so beautiful. She's perfect. Ten fingers, ten toes."

And then, Bean, from weariness and happiness and relief, silly folks that we are, we wept. **End**

All boxes by Geraldine Carro, who writes LHJ's "Mothering" column.

DO FATHERS MAKE GOOD MOTHERS?



Helping your husband to be a better dad may be the most loving thing you ever do for him—and for your children.
By Joyce Maynard

There's no question that Tom loves his children. He speaks about them often, even at work. Their photographs cover one whole wall of his office, and when he has to go away on business he always brings home presents. But when Tom and his family sit down to dinner, there is an odd formality about the conversation, and sometimes there's just silence. "The truth is," his wife says sadly, "my husband really doesn't know how to be a father."

He's not alone. "An enormously large percentage of fathers in this country are simply not involved, or not involved enough, in caring for their own kids," says Dr. Fitzhugh Dodson, a clinical psychologist and author of *How to Father*.

It's never really too late to work on improving an unsatisfactory relationship between a father and his children. But it's likely to be the wives, the mothers, who bring about the change, if it's going to take place. For all the 20 years he's practiced psychiatry, says Dr. Dodson, men have come to him for all kinds of help. "But no one ever asked me to help him become a better father." Child raising, clearly, is still thought of as "a woman's issue."

And that's unlikely to change until we first examine the past that has shaped us, and the culture that has formed us. We each carry with us what child-development expert James Levine (author of *Who Will Raise the Children?*) calls "a family within," formed as we were raised. Our inner family might include the image of a father who would never think of having tea parties with his daughter, or of a mother who carries the sole responsibility for keeping the children fed, clothed, entertained and happy. As long as one carries around a model of one particular type of parent, it's hard to become a different kind of parent.

Many men, for instance, were taught that tenderness is somehow unmasculine. Traditionally, men have been trained to excel on the battlefield and on the job—not with the children. Women have another set of deeply ingrained notions about their own roles. These are changing now, of course, but the old models from the family within may set up a conflict. "It's important to have a career," we hear from one inner chorus. "It's important to take good care of the children," whispers another. So instead of relinquishing some of the responsibilities of child-raising (and opening the doors to greater father participation), many working mothers hold on tighter than ever to their role as dominant parent. Furthermore, it's hard to give up what is so secure, so established. "The home and the children were, for a long time, the one place where women had something over men," says one mother. "It's hard to give up power in the only area you've ever had it."

So it isn't just men who close themselves off from their children; their wives, too, may keep them from becoming more important in their children's lives. "A woman may complain that her husband doesn't help their children get dressed for school," says Joan, mother of two. "But frequently when he does help, she'll complain that he isn't doing it right."

That type of dynamic reinforces the



way many fathers feel to begin with. They're afraid that they don't know how to take care of their own child, that they'll hurt this infinitely breakable little person if they even try. So often they don't.

And if fathers are too remote, at the same time mothers can become too closely tied to the children. "I overidentified so much with my daughter that every rebuff from one of her friends would send me to the bedroom crying," says Kim, the mother of an eight year old. "We were so tight—and my husband was so much an outsider—that it was inevitable for Mandy and me to have horrible fights, just to give us breathing room."

"The fact that Timmy was more *my* son than Bob's was wrecking our marriage for a while there," says Janice. "Situations kept coming up, such as should I go out to dinner with Bob or stay home because Timmy had a cold. It was as if I were choosing my son over my husband, instead of both of us, together, caring for *our* son."

Once a woman has recognized that improperly balanced child-raising is unhealthy, what does she do about it? Talk to her husband, to begin with, says Dr. Anne Seiden, former director of research at the Institute for Juvenile Research in Chicago, now chairperson of the Department of Psychiatry at Cook County Hospital. If a woman wants her husband to become more involved with their children, the middle of a crisis shouldn't be the only time she brings it up (as often happens). "Be sure your husband isn't always cast as the 'heavy' who's solely responsible for the children's problems," Dr. Seiden adds.

It shouldn't just be the things he doesn't do that you talk about, either. "If a woman wants her husband to take more of an interest, she needs to provide some reinforcement," Dr. Seiden points out. "Go out to dinner and share some of the good things with him. Suggest that he take the kids shopping for new clothes, instead of just handing out discipline. And let the discussion be open-ended, with room for his thoughts too." Above all, don't suggest that he take more responsibility for child raising because it's something he should do just for you and them. It's important for him, too—being a good father offers its own rewards.

The first thing a father may have to do to develop a closer relationship with his children is to learn more about them. "A person won't get much out of watching a football game if he doesn't understand the rules, Dr. Dodson explains. "And he can't take pleasure in his children unless he understands how *they* work."

Leslie, the mother of a two year old, describes a fairly typical situation. "I know," she says, "because I've spent thousands of hours with her, whether Jessie's crying because she's wet or tired or just bored. It's harder for my husband—he isn't so finely tuned to her. Sometimes he wants to cuddle with her when she needs to let off steam, or he starts tossing her in the air five minutes before bedtime when what she needs is to be quieted down. Then he feels frustrated when she cries."

On the other hand, for fathers who *do* know their children well enough to understand them, the rewards follow naturally. "What's most satisfying," says one, "are the little things—such as seeing Karen finally master the cartwheel she's been working on all summer. That wouldn't be so exciting if I hadn't watched her struggle over the weeks."

For a father to get closer to his child, its important, clearly, that the two spend more time together—and sometimes without Mom. "As long as I was around," says one mother, "Peter would run to me when he was hurt, or when he wanted to tell someone about something. It had to be just Pete and his father, alone, before he'd turn to Jeff the way he turns to me."

The time a father spends with his kids shouldn't always be with all of them at once, either. "A great many men see their children only as a group," says Dr. Seiden. Her own husband, she says, always sets aside days throughout the year to spend with just his son, or just his daughter. They do something that each of the children has chosen. "After all," she points out, "the best expert on a particular child's interests is that child."

Some would argue that fathers who are responsible for providing income for their families have more pressing demands on their time than most mothers have. In reply, Dr. Seiden says that it's not unreasonable to expect a man to make career sacrifices, if that's the only way he can become a better father. She cites research concerning men who drove themselves for career success at the expense of their relationships with wives and children. Those men found, in mid-life, that the compromise had not been worth it.

For fathers who can't avoid being away from their children because of their work, it's a good idea to include the children more in the career side of their lives. Even a three year old isn't too young to be given some notion of what her father does when he's away all day—and, if possible, to see for herself. " 'The office' used to be a meaningless place to my daughter Rachel," says a young lawyer. "Finally I took her to work with me. She didn't understand much, and I'm sure she's had more exciting days, but I was amazed at how well she behaved. Now she seems more willing to let me go in the morning. I think it helps that now she can ☞

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Divorce • Hunt, Morton. *The World of the Formerly Married.* New York: McGraw-Hill. 1966. • Women in Transition, Inc. *Women in Transition: A Feminist Handbook on Separation and Divorce.* New York: Charles Scribner's Sons, 1975. • Krantzler, Mel. *Creative Divorce.* New York: M. Evans, 1973.

Child Custody • Goldstein, J.; Freud, A.; Solnit, A. *Beyond the Best Interests of the Child.* New York: Free Press, 1973. • Galper, Miriam. *Co-Parenting: A Source Book for the Separated or Divorced Family.* Philadelphia: Running Press, 1978. • Roman, Mel; Haddad, William. *The Disposable Parent: The Case For Joint Custody.* New York: Holt, Rinehart and Winston, 1978.

Single Parenting • Bel Geddes, Joan. *How To Parent Alone.* New York: Seabury Press, 1974. • Hope, Karol; Young, Nancy. *Momma: The Sourcebook for Single Mothers.* New York: New American Library, 1976.

Step-Parenting • Maddox, Brenda. *The Half Parent.* New York: New American Library, 1976.

For Children

• Gardner, Richard. *The Boys and Girls Book About Divorce.* New York: Bantam, 1971. Ages 5 and up. • Grollman, E.G. *Explaining Divorce to Children.* Boston: Beacon Press, 1969.

(Ed. Note: If any of these books aren't available in your local library or bookstore, write directly to the publishers. Booksellers can provide the addresses.)



picture me somewhere during the day."

Another reason to involve the children in their father's work is to give them some common ground, not only for the child's sake, but for the father's as well. "The best way to get a father interested in spending time with his kids is by getting them to do, with him, some of the things he likes to do already," says James Levine. One father spoke of teaching his daughter photography—a passion of his—rather than spending time pretending to enjoy playing Candyland. "She doesn't even like photography yet," he said. "But she likes being with me, and she knows that my sharing something that I care about with her means I really love her." Particularly for fathers who feel they just aren't "good with children," there is a lesson in this: What makes for closeness with a child may sometimes mean treating him less like a child.

Realistically, it's almost impossible, in most households, for the father to see as much of his children as the mother does. But what matters isn't just hours spent with the child (though they're very important) but a frame of mind. "There are a lot of devoted fathers around who, when asked, will drive their kids to doctor's appointments and take them to buy shoes," says a mother of two. "But there's a big difference between doing that and thinking, on your own, to make the appointment, or noticing that your son needs new sneakers. Men have to stop doing this job or that job, 'for their wives,' and start seeing the whole task of parenthood as a responsibility to be shared equally."

This does not mean that, in seeking to equalize their importance in their children's lives, parents should strive for identical roles. What they should work for is to have equally strong roles. Every child will look to his mother for some things, and to his father for others. Too often, though, the divisions are "mother equals care and companionship, father equals discipline"—a pattern established in many households with lines such as, "Wait till your father gets home." Or there is the style adopted in some families, where fathers equate respect with being called "sir."

Even more frequently, perhaps, mothers find themselves in the role of everyday caretaker, while fathers provide the fun. That kind of division isn't fair to the mother and, not in the long run, fair to the father either. He may come to seem endlessly lovable and entertaining to his children, but not as dependable as their mother. Fathers who want to become closer to their children, say a number who have done so, should think not just in terms of sharing special activities with the children, but of taking a more active role in day-to-day care as well.

Fathers who have really close and good ties to their children speak again and again of the value of seeming more vulnerable.

"Of course I want my children to respect me," says one father. "But if I rule with an iron fist, what he'll feel for me will just be fear. The other day, for instance, I accused my five year old, Chris, of taking some money off my desk—something he'd done several times before. He kept denying it, which made me even angrier, and finally I sent him to his room and told him he couldn't watch TV all week. A couple of hours later, I found the money underneath some papers. I felt terrible, and I apologized to Chris. I don't see how that would make him think I'm weak. It just taught him about the positive value in saying you're sorry."

Something else fathers need to recognize is that there will be times when they simply aren't going to be as close to their children as their wives are. And by the same token, there will be times when they're closer. "Our daughter goes through periods when she runs to my wife if she hurts herself, and periods when she runs to me," says one father. "Benjy used to say, when he was about four and a half, that he wished I'd go away and leave him alone," says another father, who is now, a year later, inseparable from his son. "I knew his feeling would pass. I just had to be patient and not start loving him less in the meantime." "Emily tells her father everything," said the mother of a seven year old. "But there's no way she's going to confide in him when she's twelve or thirteen. The important thing is that, whatever stages she goes through, she keeps a loving feeling for both of us."

To some extent, it's up to wives to keep the balance—encouraging participation in the children's lives when their husbands shy away from it, stepping back sometimes to let the fathers be closer, and resisting the temptation to be proprietary about the children, or jealous of their love. Any mother who's used to always being first in her child's life will inevitably feel a sense of loss when a father's importance grows. "Most changes involve some loss," says James Levine. "You always have to leave something behind when you move on."

Parenthood shouldn't be a contest, anyway. No child should be "her father's daughter" or "his mother's son." When you love your children, you want them to have two parents. And when you love your husband, you want him to share—in full measure—the experience of parenthood. **End**

WHAT WILL YOUR CHILDREN BE WHEN THEY GROW UP?



"When I grow up I want to be a trapeze artist," exclaims your little girl. You smile at her childish enthusiasm, but secretly you're a little disappointed. You had hoped she'd say doctor or lawyer.

It's hard not to harbor career aspirations for our youngsters, even if we're wise enough to know not to "push."

And it *is* a mistake to push. Each youngster has a unique combination of talents, likes and dislikes to be respected. There are, however, constructive ways for parents to guide even very young children in the long, career decision-making process. Here are a few suggestions from "Helping Children Make Career Plans," a U.S. Govt. Office of Education tip sheet:

• Encourage your children to talk about what they want to be. This is one way they can explore who they are. • Don't respond negatively to what they say. Ask instead, "Why does this appeal to you?" Or, "What else would you like to do?" • Help your children explore alternatives. Take them to visit and talk with people in various jobs. • If you work, tell them about your job. Try not to encourage or discourage them about making the same choice. • Promote productive hobbies and interests that help your children feel that they can accomplish things. • Make your children understand that the basic skills they learn in school will also be useful when they're grown. • Try to eliminate your own sex biases. Your son may want to enter a so-called female profession or your daughter a male one. Times are changing.





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DRUGS AND THE STARS

continued from page 34

cocaine. The fine white powder may be lined up on a piece of glass in thin strands, one for each nostril. People then take turns sniffing or "snorting" it through a straw or rolled bill—$100 bills are considered chic. It can also be inhaled from the blade of a knife or a tiny spoon sold specifically for this purpose. The spoons and gold-plated razor blades (to cut the coke) used to be worn as jewelry, "but that's over now," says one producer. "It's no longer a status symbol, because everyone does it."

Cocaine has been dubbed "the rich man's drug" and with good reason: A gram of cocaine—enough to get one to five people high for about 15 minutes to an hour or more—costs between $85 and $150, depending on quality. Ounces go for $1,850 to $2,400. Heavy users can rack up $100 to $500 (or more)-a-day habits easily, and $5,000-a-month habits are not unusual.

Users often pay for cocaine with more than money. Regular use can eventually cause perforation of the septum and collapse of the nose. Plastic surgeons in Los Angeles have noticed a marked increase in perforations of the septum over the last year or two, most of it attributable to cocaine. While doctors can usually undo the damage, if the patient continues to take cocaine, the problem will reoccur.

Other damage

Cocaine, however, can cause damage that plastic surgery cannot correct. Most cocaine users suffer tremendous depressions after the effect of the drug wears off. Many use liquor, valium or quaaludes (a powerful tranquilizer) to get through the aftereffects. Some resort to taking additional cocaine to avoid the crash. Cocaine-induced depressions have become so commonplace among stars that surly behavior is no longer blamed on ulcers or hangovers. Says one insider: "Instead of remonstrating with the offender, people shrug and say: 'Oh, he's just in a mean mood because he's coming down from coke.' " But cocaine can exact a much higher toll than depression, as singer Tony Orlando learned—the hard way.

Nearly two years ago (July 22, 1977), Orlando shocked the public by insulting a member of his concert audience, walking offstage and committing himself to a New York State psychiatric hospital. The headlines stated that Orlando was suffering from depression triggered by a chemical imbalance. But Orlando did not have a nervous breakdown. "I was suffering from drug psychosis," the star now admits. "I had been using cocaine as a crutch and I suffered the consequences. It was a nightmare." Orlando will never forget sitting in a bleak room of the state hospital, surrounded by ghostlike inmates dressed in shapeless gray gowns and paper slippers, chanting eerily, "Go star go. Go star go."

Orlando's eyes fill with tears as he recalls the scene. "I thought: 'What am I doing here? What has happened?' "

What had happened was Orlando's "three-month involvement with cocaine. Doctors in New York told me that it had created something called drug psychosis, which is not too far removed from an acid (LSD) trip. They explained that when you use a lot of coke, there's a residual effect, which can stimulate a nervous breakdown. That's what happened to me. I found myself acting abnormally. I kept going in and out of severe depressions. It got to the point where I couldn't live with myself anymore."

Orlando's introduction to cocaine was typical of many in show business, particularly those in the high-powered world of network television.

"That's how it was when the ratings of my formerly successful show started to drop," he says. "I was working night and day. And when you're dragging your tail and the director is still calling for 'More energy, Tony!'—that's when you need that synthetic boost to keep you going. The entertainer isn't like the weary executive. A cup of coffee won't do it. So you turn to something stronger. Nowadays, you take a snort of coke.

"At first I was embarrassed to do it. I was approached by one of my staff who offered me some coke. He told me it would give me a lift and I didn't need a great deal of prodding. I was so tired I would have tried just about anything.

"When I did it, it was like magic. I was instantly energized. From that time on, I started using the drug. For the first few times I felt like a million dollars."

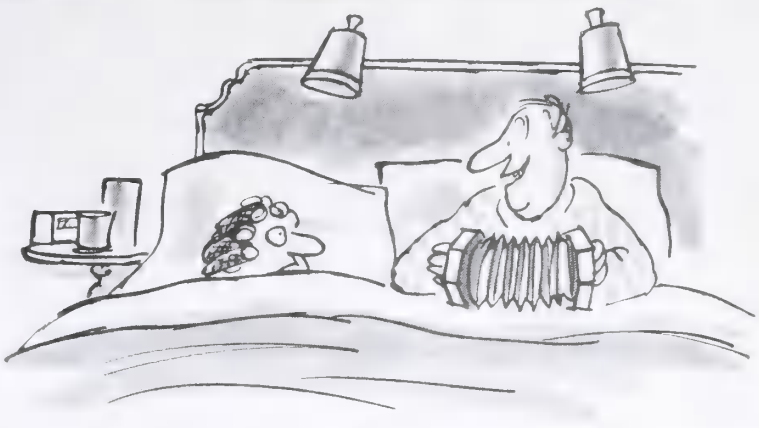
But after coming down too many times too hard from coke, Orlando began to feel totally worthless. "You see," he says, "coke accentuates any problems you already have, and you can go into a state of confused depression. That's what happened to me. I had just lost my sister, my grandfather and then my close friend, comedian Freddie Prinze, who committed suicide. On top of all that, my show was canceled. All this, coupled with my cocaine psychosis, just about ended my career."

Orlando believes that Elvis Presley was suffering from cocaine psychosis at the time of his death. "All the symptoms were there," he says. "I tried to reach him shortly before he died, to warn him, but I couldn't contact him. Then it was too late, he was already dead."

"Drug psychosis is quite common among drug abusers," says Dr. Robert L. Dupont, an associate professor of psychiatry at George Washington Medical School, and until recently Director of the federal National Institute on Drug Abuse. "It can occur with virtually any drug, from amphetamines to cocaine. On cocaine, drug psychosis, which depletes the body's neural transmitters [rather like short circuiting the nervous system] exactly mimics a nervous breakdown. It normally lasts from a few days to a maximum of about a week. Animals have died from drug psychosis; I am not aware that any humans have. But cocaine can kill if too much is taken, particularly when the user shoots it."

Psychosis isn't hard to achieve: Many users say that with cocaine, you are so high you don't know you are high. This was also the case for Orlando. "I just used to feel a fabulous energy. I never thought I was getting stoned," he says. "That's why the drug is so evil."

Orlando now takes nothing more stimulating than coffee. If he finds himself at a party with people using coke, he is quick to voice his anti-drug *(continued)*



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DRUGS AND THE STARS

continued

feelings. "I ask them, 'Do you realize that if there was a fire in your house tonight you wouldn't wake up because you wouldn't be able to smell the smoke? The membranes in your nose are destroyed. You can't even smell the roses.' I look around me and see my friends who use cocaine degenerating. All their problems are accentuated by that lousy drug. And they still go on insisting it's just the boost they need. They're fooling themselves," he sighs. "It sickens me to see Hollywood so full of cocaine users."

Other stars who have experimented with marijuana have avoided cocaine because they have witnessed the damage it causes. Actress Valerie Perrine, who played the wife of comedian and heroin addict Lenny Bruce in the film, *Lenny*, says, "Sure I drifted towards drugs. Especially after *Lenny* because I'd been playing a drug addict for so long. But I didn't drift out—I ran out, stopped. But snorting cocaine was never a part of me, I've seen what it does to people.

"I tried to work while on grass (marijuana) once. A director told me I could get stoned in one scene. He thought it would help my work. But it was a waste of time. I couldn't remember one line."

A director encouraging Perrine to use pot or a staff member urging Orlando to use coke is symptomatic of the role drugs play in Hollywood. In addition to being used to increase energy or decrease tension, drugs are, says Orlando, "one of the perks of the business. I never bought the cocaine. I didn't have to. People would say, 'Here's a little present.' "

A number of celebrities have found themselves recipients of similar gifts. "The stars are usually taken care of by their agents, managers and a coterie of hangers-on," says Dr. Howard S. Shapiro, assistant clinical professor in the Department of Psychiatry at the University of Southern California, and a Beverly Hills psychiatrist. Dr. Shapiro feels that in many cases the peer pressure from a star's entourage can be enormous.

"Before the celebrities hurt themselves too badly with drugs, these people will see that they get adequate medical care—generally because they want the star to continue to be a money-making machine. But when it comes to the kind of psychological help that would free the star from the need for drugs, the hangers-on are very cautious. They are afraid that freeing the stars from their dependency and neurosis might also free them of their dependence on the entourage.

"I had a 19-year-old rock star as a patient who came to me with a serious dependency on drugs. His therapy went very well, and he started to question the need not only for drugs, but also for the constant stroking that his entourage of '10-percenters' gave him. When his advisors saw his independent attitude, they convinced him to quit therapy. They fear an independent star because he will no longer need them."

Wittingly or not, an entire community is keeping each other hooked. In Hollywood, cocaine is rarely distributed in dark alleys by sleazy dealers, instead a variety of "respectable" sources are used: the managers and agents, hairdressers, craftsmen and service employees. Many such couriers are flown out to film locations to deliver the drugs.

Stars themselves involved

Sometimes, even the stars themselves are involved in drug trafficking. Just last November, comedian George Kirby was sentenced to 20 years in state prison after pleading guilty to dealing in cocaine and heroin. Then, there is the former husband of an internationally known singer who is recognized to be one of the major drug dealers to the stars. He agreed to an interview only after a guarantee that his name would not be used and also after thoroughly checking out each room in the small apartment where the interview was to take place. "You have to realize," he says, "I am only of value to my clients as long as I stay without a police record.

"I deal to about twenty top stars who would be instantly recognizable," he boasts. "At least one of them has an Oscar." Many other performers obtain cocaine indirectly through this man. "One of the producers I sell to owns and runs one of the largest television studios in this city, and he buys four to five ounces of coke a week," he says. "He doesn't use it himself—he buys it to give to his clients."

If this dealer likes to boast, he is also very careful. "I keep all addresses and phone numbers in my head," he says. "And I know that my number can be found in the files of many famous people. I'm filed under 'miscellaneous.' "

As one might expect, the dealer shows little concern for the cocaine-related troubles of people like Tony Orlando. "I think that's bull," he says. "Cocaine is a great drug, the greatest. And as long as the stars want it, I'll go on supplying their needs."

For all his bravado, this dealer too is just another middleman. As with most hard drugs, the "cocaine connection" usually leads back to organized crime. "Certainly there is organized crime involvement with many industry stars who use drugs," says Joe Flanders, of the U.S. Drug Enforcement Administration.

Others, like Art Linkletter, believe that much of the Hollywood supply comes from Mexico. "The Mexican dealers know there is a market for their drugs in Hollywood and people *(continued)*

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DRUGS AND THE STARS

continued

with the money to pay," he says. "So they make drugs available and actually push them on the stars."

Linkletter, who calls his fight against drugs "my crusade," ended his successful television career after the tragic death in 1969 of his 20-year-old daughter, Diane, who fell from a window under the influence of LSD. He now spends most of his time lecturing young people on the dangers of drugs, and has become something of an expert on drug abuse. "Hollywood is saturated with drugs and the problem grows worse every day," he says emphatically. "For every publicized incident of a star being arrested, dying, or making a public statement about drugs, there are many more you never hear about. They simply don't show up for work at the studio one day, or are found in their rooms sick and too frightened to face the world."

Linkletter is also concerned about the hidden dangers that most users are ignorant of. "Frequently, the cocaine is mixed with small quantities of strychnine," he says. "It's supposed to enhance the punch. But even in small amounts, strychnine can kill almost instantly."

If drug abuse runs rampant in Hollywood, with cocaine and other drugs consumed openly at parties and celebrities appearing stoned on television and in public—why isn't anything being done to stop it? Why don't the police crack down? The answer, unfortunately, is because their hands are virtually tied. Nowhere are the rich, famous and powerful more unreachable than in Los Angeles. Celebrity mansions are secured by laser beam alarm systems, hidden television cameras, armed guards and frequently guard dogs. Party lists are meticulously constructed and graded "A" through "G"—only the elite are granted admission. And, naturally, the police are not invited to parties where the drugs are used. "There is no possibility of getting an undercover agent in on that level," say Sergeant Mike Guy of the L.A.P.D.

Prior to the passing of Proposition 13, which slashed local government budgets, undercover agents were renting Rolls-Royces and posing as playboys in a drive to crack the coke party scene. In some cases, they had limited success. But with no funds for overtime, law enforcement is now generally restricted to the big-time dealers. Police have virtually given up on celebrity drug users.

But, as with all such problems, drug abuse cannot be stamped out by force alone. People who want drugs will find them. The desire to stop must come from within.

For sake of fans

Art Linkletter believes that it is important for stars to stop taking drugs not only for their own sakes, but for the sake of their legions of fans. "Sadly, Hollywood performers are models for the youth of America and a lot of them present very poor models," he says. But the very stardom that casts them as models can also create the pressures that turn them into drug users. "Sometimes the glamour and the money and the pace is just too fast," he says. "They desperately feel the need to escape."

Linkletter believes that milder versions of those same pressures permeate all levels of society. "The underlying cause of drug taking is the sensationalism one sees in all aspects of life: newspaper headlines, advertising, technology. We live in a time of such extremes. People feel they must shout to be heard above the din. You have to do something much more exciting and dangerous to get the same pleasure."

What is the precise cause of drug abuse in Hollywood? Peer pressure? Insecurity? Decadence? The reasons may vary from case to tragic case. But that many of our most talented stars—the nation's models and legends—have turned to drugs to stay on top, is a sad comment on Hollywood and, perhaps, on American society as well. **End**

This story was assembled from reports filed by : Al Coombes, Colin Dangaard, Leslie Savan and Noel Warren.

DIANNE FEINSTEIN

continued from page 60

to live with the constant threat of danger, of violence aimed expressly at her. The Feinsteins have had police protection since December 1976, when Katherine, her daughter, looked out her bedroom window and spotted a plastic package clearly marked "Gel Explo."

"I'll never forget it," the perky, 21-year-old brunette recalled recently. "I called the police; they came and dismantled the bomb. The New World Liberation Front claimed responsibility and said it was because Mom had a velvet blazer and a crystal chandelier.

"I was floored. I couldn't believe anyone would do such a violent thing for such a dumb reason. If that bomb had gone off, it would have killed me. My mother's biggest fear is not for herself; she worries that something might happen to her family." The following March, the police were called in again—this time to examine damage caused by a BB gun at the Feinstein beachfront vacation home, south of the city.

Does not live in fear

"No, I don't live in fear," the new mayor says. "You can't live that way. I've seen a lot of death since I've been in public life. When a policeman is shot, I make it a practice to see him and also to see how the trauma unit is working at San Francisco General Hospital. I've sat with wives of policemen while their husbands were dying. You do what you can to be prudent. Beyond that, you have to take your chances."

Ignoring a police officer sitting in an unmarked car across the street from her elegant, brick and stucco Victorian classic home, Feinstein seems more concerned about taking time from her new duties to give an interview than she does about falling victim to an assassin's bullet or bomb. Her Saturday afternoon calendar is crowded with urgent city business. The strain of the preceding week is obvious. She is 15 pounds underweight, the result of an illness contracted during a Himalayan vacation. (Not for Feinstein a relaxing holiday—she opted instead for a mountain climbing expedition and had to be flown out by helicopter when she was stricken by a particularly virulent form of "Delhi belly.") She seems younger than her 45 years and more vulnerable than her public persona indicates. She doesn't look like the $55,596-a-year chief executive of a one-billion-dollar municipal empire, but she is. Everything in her life has pointed to this moment.

Although she had been elected supervisor twice—the first time in 1969—with the highest number of votes and thus automatically elevated to the presidency of the board, she had been decisively defeated in two mayoral bids in 1971 and 1975. Now, the achievement of her dream through the city's tragedy brings her no sense of elation.

For the moment, she is relaxed in her handsome living room, with its comfortable, pale green velvet chairs and sofa.

Then, as Feinstein begins to talk about her husband's terrible months of unremitting pain and his unwillingness to accept death, the tears she has controlled all week start to flow.

In this house, everything is a reminder of the life she shared with Bertram Feinstein, a man 20 years her senior, who took tremendous pride in her achievements. His valuable surgeon's hands were frequently used to nail up campaign posters.

Outwardly, Feinstein's appearance and surroundings are those of a woman who has lived a comfortable life. The reality is very different. Despite her graduation from an "establishment" high school and later Stanford University, her Jewish father and Russian Orthodox mother both came from families familiar with hardship.

"My paternal grandfather came from Rumania. He was one of eleven children in a very poor family. My grandmother worked in their shoe store. A couple of her children were born in the back room. She was very proud that she was able to deliver one child and then go back into the store to complete a sale." Fenstein's mother was born in St. Petersburg, now Leningrad, *(continued)*

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question of faith plays a role in life," she says. It was also in college that Feinstein first became interested in political science and history. She was elected vice-president of her class, the top spot a woman could hope for then. Soon after graduation she became a fellow in an organization that enables young people to get practical education in government by placing them as trainees in public agencies. She visited most of the penal institutions in northern California to conduct a study on the administration of criminal justice. While observing the San Francisco District Attorney's office, she met and eloped with a young assistant district attorney, Jack Berman. They had one daughter, Katherine, but the marriage ended in bitterness four years later.

For five of her daughter's early years, Dianne spent much of her time as the governor's appointee on the California Women's Board of Terms and Parole.

When she married Dr. Feinstein in 1962, they honeymooned adjacent to the women's prison at Corona. "I had to go to work and hear cases the rest of that week," she recalls. Their second honeymoon the following year wasn't very different. She visited 13 prisons in Hong Kong and Japan.

"Bert was delighted that I had this kind of interest," she says. "He didn't marry me so that I could be a housewife." But Feinstein's inquiring intelligence, dedication and demand for perfection have been known to drive some of her staff crazy. Aides say she wants to dot every "i," and arrange every detail herself. Yet, she is not a woman whose head is never lifted from her desk or her books.

She marched against the Vietnam war, worked hard for civil rights and is deeply concerned with human suffering. She inspired awe in her staffers when she rushed out of a city car to apply mouth-to-mouth resuscitation to a man who had collapsed in the street. When he vomited, she *(continued)*

LIPTON. THE MOST DELICIOUS TASTE IN SOUPS.

DIANNE FEINSTEIN

continued

the daughter of a czarist army officer who left Russia, taking his family through China to Eureka, Calif. He died at the age of 32, leaving his widow and four children destitute. "My maternal grandmother was so bitter about her early experiences in this country that she never spoke English, even to us!

"As a child, my mother was constantly ill—she had tuberculosis—she also contracted a virus that we learned later was similar to encephalitis. As I was growing up she began to exhibit some very disturbing and self-destructive behavior. It made my life very difficult, and it had a profound effect on me and my two sisters. We didn't learn what the problem was until the early seventies when the CAT brain scanner was developed. The virus had caused her brain to atrophy. Today, my mother is institutionalized.

"Perhaps my childhood experiences explain why I am able to take pressure. I *feel* all the time that I am living through it, but pressure has always been a part of my life. The night before I took my college boards, I was kicked out of the house by my mother and slept in the car. I knew she wasn't well, but it was disturbing all the same. From experiences like this you learn that no matter what happens, you go on. You function."

That Feinstein learned to be a fighter, that she found the strength to go on, is something she attributes to her father. "He was a wonderful, wonderful man. A scholar and a real teacher," she says. He had wanted her to become a doctor like himself, but Feinstein's interests were elsewhere.

At Stanford University she studied comparative religions and the impact of religion on people. "I learned that the

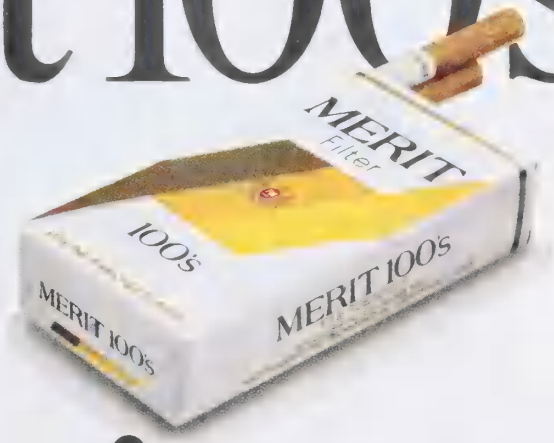
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COATING MIX

"Thanks for the tip, Pete. My last chicken was so juicy I could have kissed you."

"Didn't I tell you? The Shake 'n Bake coating seals in the juices—for crispy chicken at its tender best."

gamely continued. She donned a frow blond wig and visited the high cri inner city area of "Tenderloin," alo and late at night, to study conditio She made it clear in the first days of new office that a high priority was clean up the area and make it safe the elderly poor.

That concern with law and order displeased liberals, but then Feinste like all politicians, is not beloved by factions. Feminists have occasionally tacked her for not adopting some of th favorite positions, although she fou for the ERA, Head Start programs, c care and maternity leave. She also the support of San Francisco's gay co munity—the nation's largest homosex voting block. And while she fought an ordinance that prohibits discrimi tion against homosexuals, she says: "T right of an individual to live as he or chooses can become offensive. The g community is going to have to face th It's fine for us to live here respect each other's lifestyles, but that does mean imposing them on others. I do want San Francisco to set up a ba lash."

Herculean challenge

Despite Feinstein's credentials a impressive experience, the mayora may well present a Herculean ch lenge for her. San Francisco is reel from years of unrest and instability. T last ten years have brought almost 1 bomb blasts. It is the city that spawn the Symbionese Liberation Army a the Zebra killers. It was also the s of Sarah Jane Moore's assassinat attempt on President Ford and t kidnapping of Patty Hearst, which co tinues to make headlines across t country.

But Feinstein refutes the glib clic that San Francisco has become t "kook capital of America." "Califor has always had a difficult history," s says. "It was the last state to be settl It has always been a tumultuous pla but economically, socially and cultura this city has far more development th most other places in the United Stat It still remains the city that people t world over most want to visit. Exchan San Francisco for Peoria? Not m What San Francisco needs, she says, i better sense of self, a greater civic pri

What San Francisco *has* is a may who epitomizes the ability to turn tr edy into triumph. Feinstein embodie sense of fight and perseverance, a tr ute to mankind's ability to begin aga to reject despair. If what San Francis needs is hope—the inspiration to mo from tragedy to a bright tomorrow they need only look to City Hall. E

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MARCH RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchens and advertisements. All have been tested by our home economists.

APPETIZERS
Basel Onion Tart p. 141
Danish Liver Pâté p. 74
Luau Tuna Puffs p. 126
Pâté de Mer p. 130
Tuna Empanadas p. 130
Tuna Hors d'Oeuvrie p. 128
Tuna Indienne p. 124
Tuna Polka Dot Canapes p. 128
Tuna Ribbon Canapes p. 128
Tuna-Stuffed Peppers p. 126
Tuna Tapenade p. 126
Tuna Tomato Nibbles p. 128

DESSERTS
Fresh Pear Mousse p. 74
Orange-Walnut Torte p. 143
Raspberry Poke Cake p. 135

ENTREES
A Savory Minestrone Main Dish Soup p. 123
Alpine Tuna p. 122
Star Quickie p. 52
Tuna a la King p. 122
Tuna-Broccoli Loaf p. 124
Tuna Burger p. 132
Tuna Pizza p. 132
Tuna Pot Pie p. 124
Tuna-Spinach Pesto p. 124
Tuna Tacos p. 122
Tuna Tamale Bake p. 132
Tuna-Zuke Bake p. 124
Upside-Down Tuna Pie p. 124
Vitello Tonnato p. 132
Wiener (Viennese) Goulash p. 141

MISCELLANEOUS
Fillings for Taco Shells p. 52
Garlic Mayonnaise p. 132
Great Grandma's Sweet-Sour Coleslaw p. 76
Peanut Butter Treats p. 52
Swiss Cheese Sauce p. 124
Variations on Frozen Peas p. 52

SALADS
Hometown Tuna Salad p. 128
Oriental Tuna Salad p. 122
Salad Nicoise p. 122
Tuna Potato Salad p. 122
Tuscany Tuna Salad p. 132

SOUPS
Potage Crecy (Cream of Carrot Soup) p. 142
Tuna Corn Chowder p. 134

Telephone Manners

continued from page 58

People who use an answering servi for their livelihood as well as for th social calls are very dependent upon t quality of the people answering. Ar the quality of the people handling th calls very often depends upon how ni the subscriber is to the people employ by the answering service. An occasion "Thank you for doing such a great j for me" is appreciated very much. Christmastime it is nice to send over the people at the answering service large box of candy, fruit or something the food or beverage line that can divided among the hard-working sta

The telephone-answering machin

Many people are now using answe ing machines hooked up to their tel phones. When you call, the voice of t person you are calling comes back you in the form of a recorded messag usually sounding something like thi "This is Myrtle Masden speaking. I not home now, but if you'll please lea a message when you hear the beep [signal], and leave me your name and t ephone number, I will call you back soon as I return."

This recorded-voice system infuriat some callers. Like many other people, am now used to such machines but a still put off when the recorded voice not bright and cheerful. Many people r cord their messages sounding as thoug they were about to attend their be friend's funeral. The person with an a swering machine should listen to h or her own message and rerecord it if does not sound effective. I rememb hearing an executive comment, "I call his office, got one of those machines, a when he said his name and his compan name, he sounded like such a 'dow type of man, I decided not to pursue o business conversations further."

A word of caution, particularly young women in large cities who u such a machine: A criminal intrud might dial such a number, learn the o cupant of that home is out and the make an unlawful entry. Some wome have learned to become crafty and the leave messages like the following: ' am working here with my staff and w not be answering my calls for the pre ent. Leave your name and telepho number, and I will call you back as soo as I am able to."

The most important thing to remem ber about telephone manners is alway to return your calls promptly. Even what you have to say is negative or u pleasant, make the call and get it ov with. Remember, the telephone is th best tool any of us has in the busine world. **En**

ow: Veal Parmigiana, Beefsteak with Mushroom Sauce; Bottom row: Cheese and Tomato Pie, Lasagna.



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Mothering

continued from page 64

patterns of the babies they saw in their practice. They found that 20 to 30 percent fussed considerably more than the norm. These babies, the ones commonly labeled colicky, cried for at least three or more hours a day, several days a week.

Few of these infants, perhaps only two to three percent, are actually colicky, say the doctors, child psychiatrist William Licamele and pediatrician Francis Palumbo. True colic is a form of gastrointestinal distress that can be distinguished from other causes of crying because it is accompanied by such symptoms as vomiting, rashes and chronic diarrhea. Doctors frequently find that these babies are suffering from allergies that can be eased with dietary changes.

But what makes those healthy, well-fed infants who are not colicky so hard to handle? Is it their temperament or does the fault lie with their parents?

The doctors hesitate before pointing a finger at parents. "Sometimes, a fussy baby is an indication that there's something amiss in the parent-child relationship," says Dr. Licamele. "But it's really a chicken or egg situation: You don't know which came first, the fussy baby or the nervous parents. And parents who must deal with non-stop fussers are bound to become nervous wrecks."

Parents are often at a loss when trying to handle a chronic fusser because the techniques they may have used successfully with another, calmer infant don't work on an irritable type. "The last thing a high-strung baby needs is to be bounced on a knee, or tickled on the tummy when upset," says Dr. Palumbo. "These infants need, above all, a calm, unstimulating environment."

On the other hand, when calmer types begin to fuss, stimulation may help. "If the baby is crying and you've fed him, checked his diaper and nothing seems to be wrong, sometimes a simple distraction will work," says Dr. Rebelsky. "I've seen fussing babies stop crying when someone turns on a record. Another good idea is to give the baby to someone else to hold, especially when your patience has run out."

The doctor assures parents that most babies, even the fussy ones, usually begin to calm down considerably by three months of age. By then, infants are capable of sleeping for longer periods of time and have developed other ways to discharge tension, she explains.

Until then, how do you cope? Stay calm and keep your wits about you. "As a parent, you have to be a problem solver," says Dr. Rebelsky. "If one thing doesn't work, try another. It isn't easy, but then, what relationship is?" **End**

ROSALYNN

continued from page 101

"We worked and we worked and we worked." The whole family also worked together when Jimmy ran for governor in 1966.

"Jeff and I would go into town," says Rosalynn, "park the car in a shopping center, go into the stores and stop people on the streets. I would ask everyone I saw, 'Would you vote for my husband?' It was a very, very hard thing for me to do at first. Then we'd go to the next town, and the next town. We'd all head back home for the weekend and tell what we found." Jimmy Carter lost that election. "But I remember Jeff, who was only fourteen, telling me, 'That's all right; we'll win the next time because by then I can vote.' "

They did win the next time, in 1970, and Rosalynn suddenly had to learn about gourmet cooking and oversize receptions. Plains people also insist that this was when she and Miz Lillian had their confrontation. Miz Lillian, who had been a housemother for an Auburn University fraternity, talked of moving in with her son, the governor. Rosalynn reportedly told her, "This house isn't big enough for both of us, and I don't intend to leave." Of all this, Rosalynn will only say, "Jimmy's mother was a very strong person, but there was never the friction you might have read about."

A secretary arrives to whisk Rosalynn away. The books on the wall of her office look like a quick profile: books on Egypt, the Colorado River, Puerto Rican cookery, Jesus, women in the White House and *My Life* by Golda Meir.

"We've put in too much work to see it go down the drain," she says to Stuart Eizenstat, the President's adviser on domestic affairs. The setting is a combined staff meeting, and Rosalynn is discussing how they can expedite passage of proposed mental health legislation.

Months earlier, a friendly reporter had warned her to get another project, "Mental health isn't sexy." Others poohpoohed Rosalynn's interest, calling her a Johnny-come-lately. What they did not know was that, years before, when her husband was governor, she had served on a commission that completely reorganized the state's facilities and created 134 day-care centers for mentally retarded children. Also she had volunteered to work in a mental hospital.

Soon after the 1976 election, Carter organized the President's Commission on Mental Health, naming his wife honorary chairperson. Asked if she could wield any power in an honorary job, she answered, "I think that if I want to, I can—and I want to."

Discussing the commission's work, the President, in a speech delivered in Spokane, Washington, said, "The best lobbyist in the United States will be there with me every day and alongside me every night to remind me that I have a responsibility to the mentally ill people of this country . . ."

Most recently, the President asked his wife to focus on the decay of the cities, putting the stress on volunteer groups. "I feel awed," she said. "I know that all the federal money in the U.S. treasury can't cure all our cities, but people can—if I can excite them about working in their neighborhoods.

"I'm planning to travel the country to publicize all the good things different volunteers are doing. I know it may seem hopeless sometimes, but I really believe that so much *can* be done."

Some reporters have called her new urban volunteer project, "The Rosalynn Plan," and one reporter was quoted as saying, "Ye Gawds, she's trying to take on all the problems we have . . ." To which her press secretary and close friend, Mary Finch Hoyt, answered, "And what's wrong with that?"

There are those who insist, however, that a president's wife should stay home and shut up. "After all," claimed a critic, "who elected her, and to what?"

The fact is, she probably is the President's main adviser. There is no one else he trusts more implicitly, no one whose judgment he respects more than hers. No one else can tell him, as she can, "This just doesn't fit in with what people expect of you, Jimmy Carter."

As a team

"Everything they've done has not been the case of Jimmy Carter doing it with a *supportive* wife," press secretary Jody Powell points out. "It has been Jimmy Carter and Rosalynn Carter doing it together as a *team*." She gets a steady stream of her husband's circulating memos, on which he scribbles, "Ros, what think?" And White House staffers often hear him interject, "Well, Rosalynn thinks that . . ."

"When we have an argument," she says, "I listen to his point of view. If he's right, then I agree to do it his way. And if I'm right, then we'll do it my way."

"When I strike out with the President on something tremendously important, I'll go to Rosalynn and try to win her over," assistant to the president Hamilton Jordan admitted. "Sometimes she'll agree with me and sometimes she won't. When she does, she works him over a lot better than I can. She never backs down if she believes in something."

Asked during the campaign if he would mind Rosalynn being as outspoken as Betty Ford, Carter replied, "No, I wouldn't object. If I did, it wouldn't do me any good . . ." But privately he told his wife that *(continued)*



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ROSALYNN

continued

he needed her opinions to keep his feet on the ground.

"He said I could do that job very, very well," she recalls. "I know I try."

The President asked her to make a two-week diplomatic tour of seven Latin American countries. Before she went, she had 30 hours of briefing from 40 experts. When she talked to the government leaders on her trip, she discussed everything from atomic bombs to human rights, and urged them to talk bluntly to her. They did. What she reported to her husband was both substantive and important.

Returning from her frequent trips around the country, she lets him know which programs are working and which ones are not. She tells him what many Americans are thinking—things they tell her because she's more accessible and because she has the gift of concerned listening.

"Rosalynn," a staff member says, "is in charge of the real world. She seems to know what's itching America's middle."

There is little secret in the fact that Rosalynn, who has the reputation for political practicality, sat in on most of her husband's interviews with the vice presidential possibilities. She preferred Walter "Fritz" Mondale. All she will say now of this is, "I gave my opinion." She also was with her husband when he selected his Cabinet, and she still attends Cabinet meetings. "If I didn't, there's no way I could discuss things with Jimmy in an intelligent way."

At the President's suggestion, she joins him for lunch in the Oval Office once a week, usually Wednesday, to discuss anything on her mind. "I've already learned," she says, "to take care of all the things I can myself, without consulting him. He just trusts me for that. But on some thin I want his opinion, as I know he wants mine. At first, I us to get at him when he was through working. But that's wh he tries to relax and doesn't want any more decisions. Nov just stick these things in my folder, and we talk about it lunch."

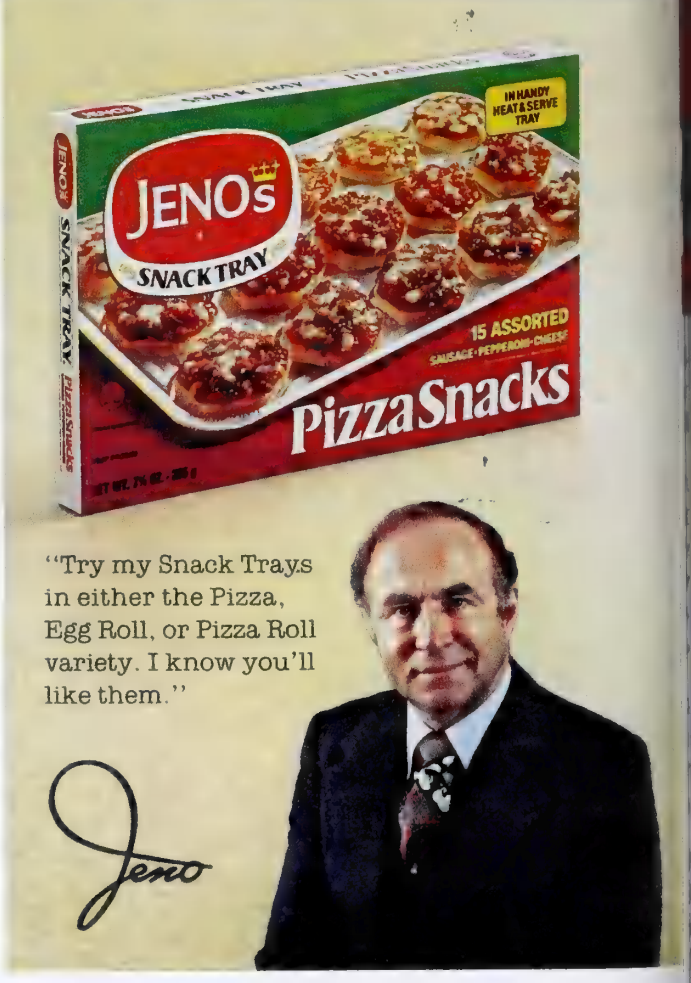
Whenever she comes for lunch, he is almost always i patiently waiting for her. Again, always, the kiss, the a around the waist. They sit at wooden TV tables in front the fireplace in his office, with George Washington's portr looking down on them. From where they sit, they have clear view of the garden. Again, as always, before the lun and the talk, they bow their heads and say grace.

The solarium, an octagonal-shaped room surrounded glass, is part of the family quarters on the third floor of t White House. It was decorated by Rosalynn, mostly green and blue—her favorite colors. The off-white carpet h a Wedgwood blue border and the six cane armchairs ha green backs and blue cushions. There's a large, heav glass-topped octagonal table, with some smaller ones hammered brass, a big breakfront in cameo green, and bl and green tweedy linen sofas, strong enough to withsta whatever children may do to them.

"When they don't want to eat with us," says Rosalyn "the children often eat here. Their rooms are on oppos ends of this hall. They also entertain their friends here, a sometimes they even invite us.

"The children are all so different," she says. "Jack, t oldest, is very independent. He lives in Georgia with Ju and little Jason. Someone told me we're going to have to through all this again because Jack's going to run f governor someday. I know he's been approached to run f Congress, but he has a brand-new business and he's ju getting it together.

(continue



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together. She's my last child, and is growing up, so I don want to miss anything. . . ."

Political life—the life of Secret Service men, crowd parades, photographers—has left an imprint on Amy. remember one day when she was three years old," sa Rosalynn. "She was going to the zoo with her daddy. S came to my room to ask for a pencil to take along. When asked why, she said, 'To sign autographs.' I couldn't belie it, but to her it was simply a way of life."

To temper that way of life, Rosalynn finds ways to sper what one of her daughters-in-law calls "quality time" wi the family. Though life in the White House has been hecti the Carter family is still very close, the daughter-in-law say "In fact, I'm closer to Rosalynn than my own mother."

The First Lady, of course, devotes a great deal of quali time to her husband.

"If the weather's clear, I keep my calendar free at fou thirty because Jimmy usually calls me to play tennis. The maybe we take a swim, wrap ourselves in towels and wa through the house. If it's too late, we go bowling. We bot need the exercise, and it's something we can do together.

"Also, when we first came here, Jimmy used to go bac to the office every night, but he doesn't do that anymor So we have our evenings together, like most families."

What she and Jimmy enjoy the most are their occasion weekends at Camp David, "where we can walk aroun without shoes in the summer and eat lunch on the pati and watch the woodchucks and the ruby-throated hum mingbirds. It's really private and we enjoy ourselves. W take our briefcases there, but we don't ever open them."

Amy, however, has her own idea of the good life. Whe she grows up, she told her mother, she wants to live lik her friend Beth—several miles outside of Plains, in a mobil home, with no people around her to worry about.

Rosalynn has the walk of a woman in a hurry *(continued*

ROSALYNN

continued

"Chip is the other politician in the family," Rosalynn says of her second son. "He's especially good with people and loves to campaign." When asked about Chip's separation from his wife, Caron, Rosalynn would only say, "Every family has problems. You just have to love your children and try to help them.

"Jeff lives in a world of his own," she continues. "When he went to college, he was absorbed in photography and archaeology, and we seldom saw him. He's in the computer mapping business now, really excited about it, and he and Annette are inseparable.

"Amy is twelve. She seems to be getting a little bit shy, but I think it's the age. She's almost a young lady. I found her in the bathroom putting cream on her face because she said she saw a pimple, and she's beginning to show more interest in dresses than in jeans. Of course she's a little spoiled. She was our first daughter. Jimmy and I had been married twenty-one years when she was born."

Rosalynn has breakfast with her daughter every morning before sending her off to school. Because of varied after-school activities, Amy comes home at different times. "But I always have that time marked on my daily schedule," says Rosalynn, "so that I can be there when she arrives."

Rosalynn also schedules time for violin lessons, which she and Amy take together. Not too long ago they both gave a recital for the rest of the family, playing several versions of "Twinkle, Twinkle, Little Star" and "Mississippi Hot Dog."

"You should hear us. We're just awful, but who cares. The main thing is that it's a good time for us to be spending



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ROSALYNN

continued

who hates to be late. She already has had her Spanish lesson; her meeting with the White House chief usher; a session with a congressional leader who wants her to add the nation's drug problem to her list of projects; and a conference with her highly able social secretary, Gretchen Post. Now waiting to interview the First Lady is the President's favorite actress, Bette Davis.

Miss Davis, a veteran of scores of films, is visibly nervous conducting the interview. But Rosalynn Smith Carter, the amateur, is perfectly poised, answering questions simply, easily, directly.

After the interview, with a big, broad-shouldered Secret Service man close behind her, she races to the East Room, where a painting is being donated to the White House permanent collection. Rosalynn makes a short speech, impromptu as usual, about the generosity of the gift. The 100 guests, leaders in the art world, listen, then adjourn to a nearby room for watercress sandwiches and iced tea. Looking on from across the hall is a portrait of John F. Kennedy. Outside, a car is waiting to take her to yet another appointment, a seminar on Latin American economics.

The next days bring more of the same: the dedication of a renovated post office, a long staff meeting, private sessions with several congressmen, a meeting with regional editors, an informal diplomatic reception, a keynote speech at a congressional Hispanic Caucus dinner, a staff picnic on the south lawn and a radio interview with a phone hook-up to a live audience.

During the interview, a St. Louis woman asks if the First Lady thought about running for president. Rosalynn laughs and says she isn't smart enough. A presidential aide smiles at her reply. "She's as smart as you can get, and she's still growing. She can be anything she wants to."

Andrews Air Force Base. A fleet of presidential planes is lined up, on standby to take the President and his staff anywhere in the world at almost instant notice. Tucked away in the corner is a jumbo plane completely equipped to serve as a flying White House should atomic disaster strike. On the runway, ready to go, is a small eight-passenger jet, waiting for the First Lady.

This trip, a political dinner for Pennsylvania Congressman Bob Edgar, is paid for by the Democratic Party. Like all her schedules, every detail of the trip is itemized: ". . . Proceed to second lounge area, fifteen feet away. . . . Note: nineteen photos will be taken in rapid succession. . . . Mrs. Carter should walk from her table to the right side of the stage and up stairs . . ."

On the plane Rosalynn glances at notes for her speech, then recalls the early days of her husband's campaign when just the thought of making a speech made her physically ill. Jimmy suggested that she use a few notes instead of trying to memorize every word. It worked. Her delivery improved, her confidence and poise grew.

One speech, she says, reminiscing, stands out in her memory. It was an introduction for Jimmy, and she talked about their early years, their work together as a family. She noticed that Jimmy was listening to her more intently than usual. His eyes teared, then suddenly he jumped up, grabbed her, kissed her and asked the crowd, "How many of you would like to have this woman as First Lady?"

Schedule followed

The plane lands in Philadelphia. The itemized schedule, including the 19 photos taken in rapid succession, is faithfully followed. And, just using notes, she delivers a speech on the specific issues of the day.

She departs from the detailed schedule only once. During dinner she goes to each table and shakes everyone's hand; 600 handshakes, 600 greetings, and when someone has something to say, she listens intently and graciously.

Back on the plane, for the 35-minute flight home, she seems recharged. "I need to be out with people," she says. "I love it. I'm tired, but it's a good tired."

It's edging toward midnight when the small, sleek plane lands in Washington. As the plane door opens, she spots her husband. He had also been traveling that day but he returned to the airport to take her home. They hug, kiss and he leads her away, his arm around her. A long-time White House observer notes, "I hate to say this, but if it was Pat Nixon coming back like this, Dick Nixon probably wouldn't even have known she was gone. . . ."

As Jimmy and Rosalynn board a helicopter and whirl away to the White House, one senses that they truly are extensions of each other—a matched pair. A Brazilian newspaper even called her, "Second President." The Carter marriage, with its sharing of responsibility and duty, is a love match as well. Rosalynn was delighted when her husband gave her a pink nightgown for Valentine's Day and equally pleased when he later gave her a world atlas.

If Rosalynn Carter ever writes her memoirs, it will be an American Cinderella story. It will be a tale about a pretty young woman from a tiny town in Georgia who married the man she loved, who helped make him a prince—and shared his power. **End**

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1 can (10¾ ounces) chicken broth
1 tablespoon cornstarch
2 tablespoons soy sauce
1 tablespoon catsup
1 tablespoon wine vinegar
1 teaspoon sugar
¼ cup water
1 package (6 ounces) partially thawed Chinese pea pods

Cook rice according to package directions. Cut chicken into half-inch strips. Mix flour, paprika and garlic salt. Add chicken and toss lightly to coat. Stir-fry chicken in hot oil until lightly browned. Add broth, cover and simmer 5 minutes. Combine cornstarch with next 5 ingredients. Blend mixture into broth in pan, stirring until sauce boils. Add pea pods, cover and cook until tender-crisp, about 2-3 minutes. To serve, spoon chicken mixture over rice.



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Foxy Face-Savers and Clever Maneuvers, by James C. Humes

Drop Names Without Being a Name-Dropper

At a Georgetown dinner party recently, a lawyer who had served in the Truman administration was giving a small audience the benefit of his years of experience in government. His tales dripped with the names of the rich and powerful. "As I told Dean," he would say; or, "Of course the President *agreed* with me." In the course of his monologue a Washingtonian who had heard all this before excused himself for a few moments, then reappeared with a dustpan and broom. "Never mind me," he explained to the curious guests, "I'm just sweeping up the dropped names."

Unfortunately, in this modern, competitive world, name-dropping is not only increasing, but it is consciously promoted. People *will* respond to powerful names, whether those names are clumsily or skillfully dropped. So you might as well learn the art from the real pros—the Washington power-brokers themselves. Capital insiders call it the "art of negative dropping."

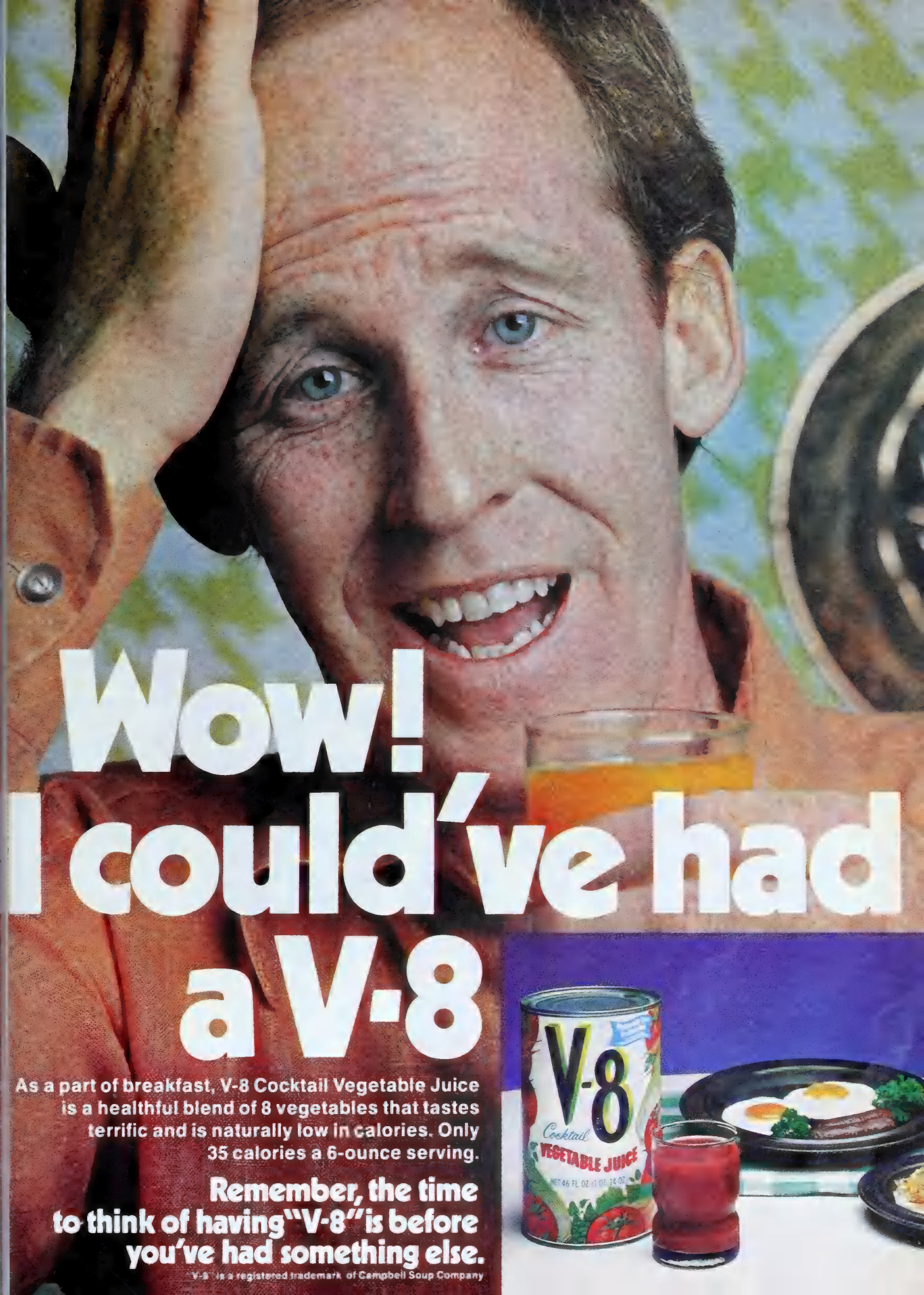
The idea is that nobody would wish to go to a great deal of trouble telling lies against himself. Compare the two statements, "Ham Jordan asked me for a memo on price supports" and "Ham really laced into me for that memo I gave him on Soviet trade." While you may be reluctant to believe that your dinner partner actually knows Ham Jordan, you will readily convince yourself it is true if she seems to have mentioned his name at some expense to herself.

The best way to imply that you know Gore Vidal well is to suggest he hates your new hair style. The best way to imply intimacy with Giscard d'Estaing is to say blushingly that he thought your economic proposals were *outre et bizarre*.

Watch the TV talk shows. Observe the actress describing how she burnt the casserole when James Beard came to dinner, or how she quite accidentally used a double entendre while chatting with the new Spanish king. What can you come up with to berate yourself? Did you ever get a run in your stocking as you were being presented to Princess Grace? Is your buddy Ralph Nader always accusing you of cheating at poker?

Remember that the secret of successful name-dropping is to let yourself take a fall even as the mention of the celebrity is hoisting you right up with the stars.

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Experience is the extract of suffering. —*A. Helps.*

In youth we learn how little we can do for ourselves; in age how little we can do for others. The wisdom of experience is incommunicable.—*Isabel Paterson.*

Experience is the name men give to their follies or their sorrows.—*Musset.*

All is but lip-wisdom which wants experience.—*Sir P. Sidney.*

Experience is the successive disenchantment of the things of life.—It is reason enriched by the spoils of the heart.—*J. P. Senn.*

Experience is the shroud of illusions. —*Finod.*

This is one of the sad conditions of life, that experience is not transmissible. No man will learn from the suffering of another; he must suffer himself.

To most men experience is like the stern lights of a ship, which illumine only the track it has passed.—*Coleridge.*

However learned or eloquent, man knows nothing truly that he has not learned from experience.—*Wieland.*

Experience is the Lord's school, and they who are taught by Him usually learn by the mistakes they make that in themselves they have no wisdom; and by their slips and falls, that they have no strength.—*John Newton.*

Experience keeps a dear school; but fools will learn in no other, and scarce in that; for it is true, we may give advice, but we cannot give conduct.—*Franklin.*

No man was ever so completely skilled in the conduct of life, as not to receive new information from age and experience.—*Terence.*

He cannot be a perfect man, not being tried and tutored in the world.—Experience is by industry achieved, and perfected by the swift course of time.—*Shakespeare.*

When I was young I was sure of everything; in a few years, having been mistaken a thousand times, I was not half so sure of most things as I was before, at present, I am hardly sure of anything but what God has revealed to me. —*John Wesley.*

A prudent person profits from personal experience, a wise one from the experience of others.—*Dr. Joseph Collins.*

Adversity is the first path to truth. He who hath proved war, storm, or woman's rage, whether his winters be eighteen or eighty, hath won the experience which is deemed so weighty.—*Byron.*

It is foolish to try to live on past experience. It is a very dangerous, if not a fatal habit to judge ourselves to be safe because of something that we felt or did twenty years ago.—*Spurgeon.*

It may serve as a comfort to us in all our calamities and afflictions, that he who loses anything and gets wisdom by it, is a gainer by the loss.—*L'Estrange.*

Nobody will use other people's experience, nor has any of his own till it is too late to use it.—*Hawthorne.*

That man is wise to some purpose who gains his wisdom at the expense and from the experience of another.—*Plautus.*

Experience is a jewel, and it had need be so, for it is often purchased at an infinite rate.—*Shakespeare.*

Experience, if wisdom's friend, her best; if not, her foe.—*Young.*

Every man's experience of today, is that he was a fool yesterday and the day before yesterday.—Tomorrow he will most likely be of exactly the same opinion.—*Mackay.*

Experience takes dreadfully high school-wages, but he teaches like no other.—*Carlyle.*

Experience is the common schoolhouse of fools and ill men.—Men of wit and honesty are otherwise instructed.—*Erasmus.*

We are often prophets to others, only because we are our own historians.—*Mad. Swetchine.*

In all instances where our experience of the past has been extensive and uniform, our judgment as to the future amounts to moral certainty.—*Beattie.*

Experience, that chill touchstone whose sad proof reduces all things from their false hue.—*Byron.*

Life consists in the alternate process of learning and unlearning, but it is often wiser to unlearn than to learn.—*Bulwer.*

Experience teaches slowly, and at the cost of mistakes.—*Froude.*

I know the past, and thence will assay to glean a warning for the future, so that man may profit by his errors, and derive experience from his folly—*Shelley.*

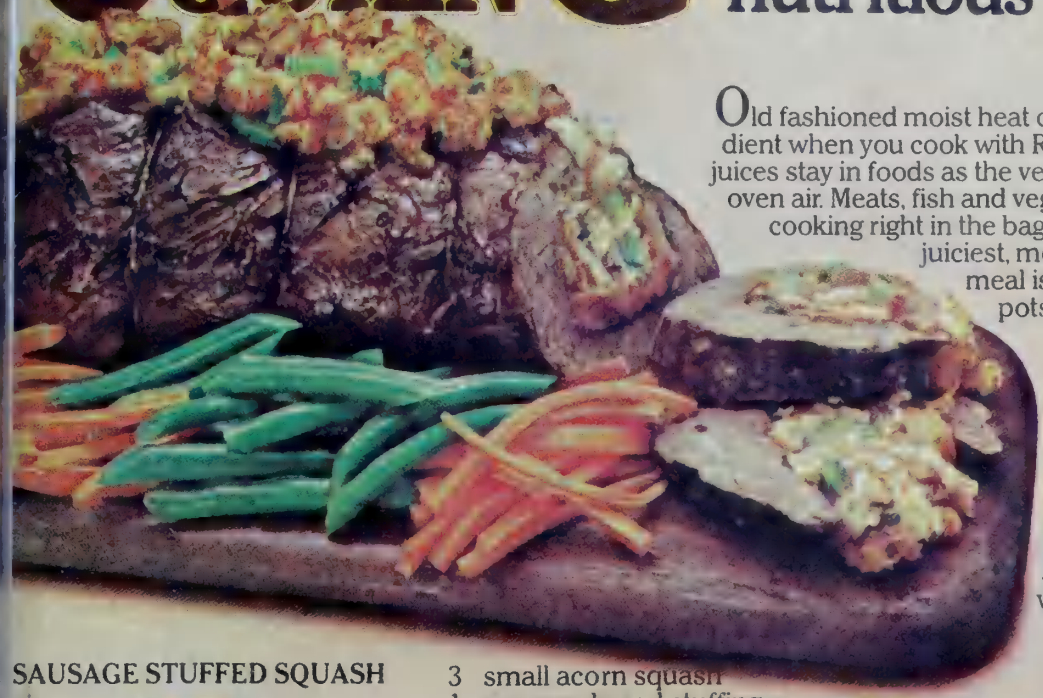
Experience is a safe light to walk by, and he is not a rash man who expects success in the future by the same means which secured it in the past.—*Wendell Phillips.*

Experience—making all futures, fruits of all the pasts.—*Arnold.* **End**

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- 3 tablespoons raisins
- 2 tablespoons chopped celery
- 1 tablespoon snipped parsley
- 2 tablespoons finely chopped onion

Preheat oven to 350°F. Place large size (14" x 20") Brown-In-Bag in 13 x 9 x 2-inch baking dish. Wash squash and cut in half crosswise; remove seeds. Combine remaining ingredients. Stuff squash with dressing and place in bag. Close bag with twist tie; make 6 half-inch slits in top. Bake 45 to 55 minutes or until squash is tender. For microwave cooking, close bag with string, set oven on high power and cook 14 to 16 minutes turning dish periodically. Makes 6 servings.

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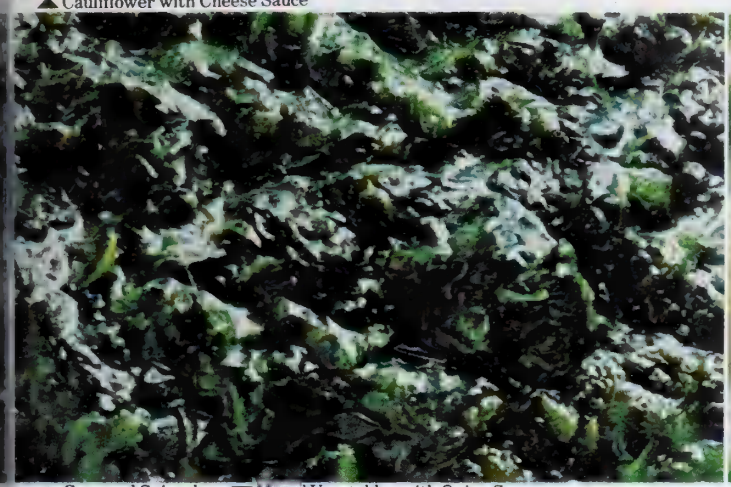
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▲ Cauliflower with Cheese Sauce



▲ French Green Beans with Toasted Almonds



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▼ Mixed Vegetables with Onion Sauce

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BIRDS EYE®

Birds Eye® Combinations.

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Above photographs are approx. 2 times actual size.

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A fresh idea in lipstick.

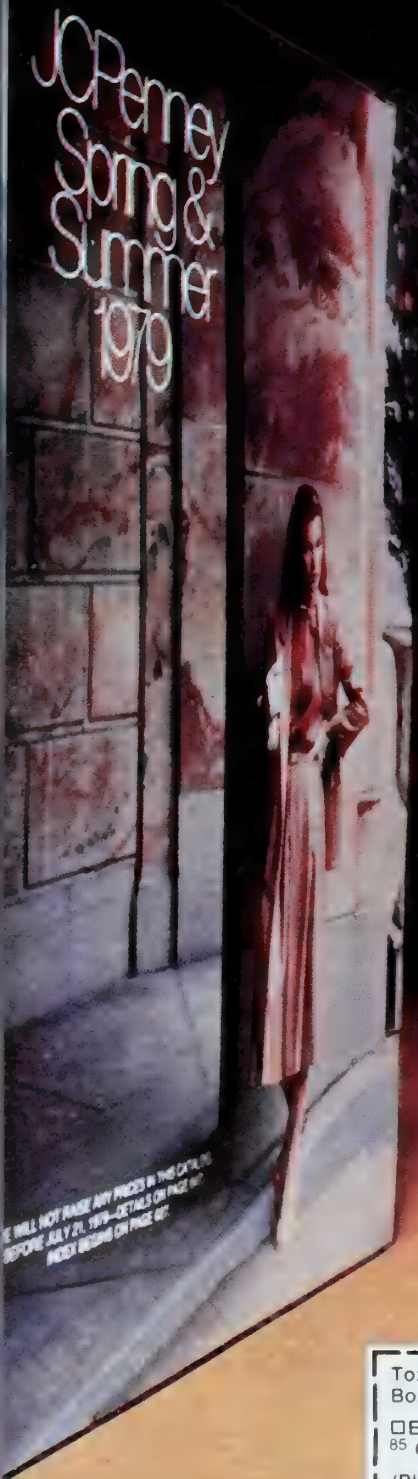


Our model is wearing Glazed Cinnamon

©Maybelline Co. 1978

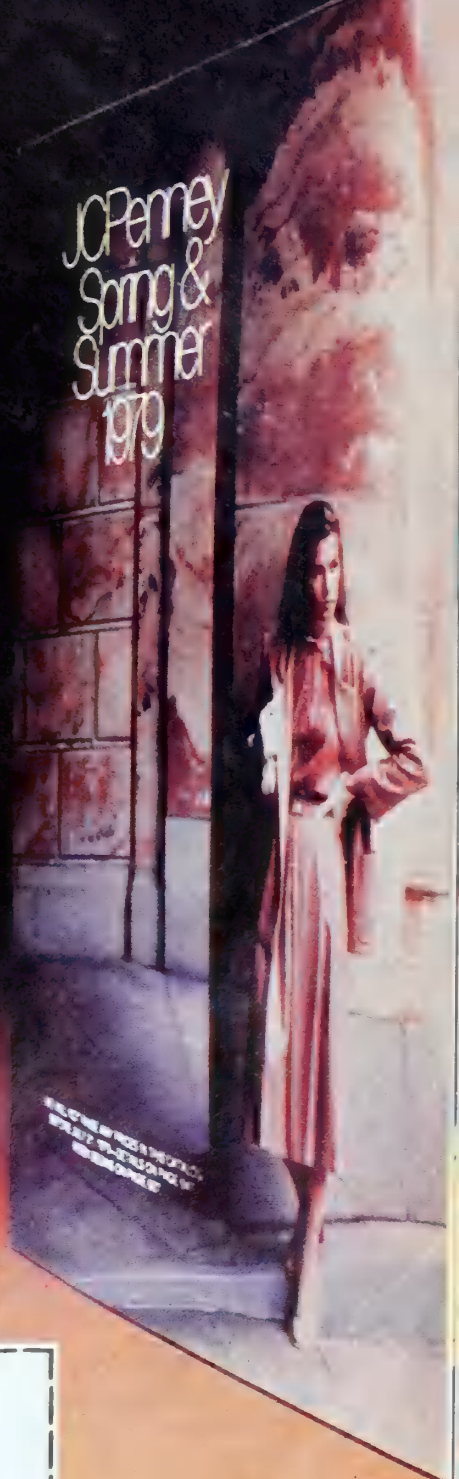
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"Oh, no!" Every one of my sports trophies had melted in the heat.

I watched our savings go up in flames.

The smoke wisped its way under the door and into the kitchen, curling itself into a plume around the sleeping cat. She woke abruptly and fled. A few minutes later, I suddenly realized what was happening.

"It's a fire," I yelled. "We've got a fire."

Fortunately, it was a small blaze and the damage was confined to one end of my den. After the firemen put out the flames, Helen and I picked our way through the rubble. The wood still steamed and hissed from the water.

I stopped, stunned. "Oh, no!" Every one of my sports trophies had warped and melted in the heat.

As I stood there, suffering incredible anguish, Helen plucked at my sleeve.

"Harry . . . what about the Savings Bonds? Weren't all the Bonds in your desk drawer?"

"Helen, how can you be so insensitive? The Savings Bonds we can replace. Look at my trophies!"

Which was true, of course. Even though our savings went up in flames, we didn't lose a cent. Bonds are guaranteed, even if they're destroyed.

I know Helen was really relieved about the Bonds. But I don't think she cared a hoot about my trophies. When I finally gave up and consigned the lumps of metal to the trash can, I could swear I saw her smiling.

Bonds are protected against fire, loss and theft. So if you lose a Bond, you don't lose your investment. Just write the Treasury Department, and replacement Bonds will be issued. (Recorded serial numbers speed replacement.)



Take stock in America.

A public service of this publication
from The Advertising Council.

GERANIUMS

continued from page 80

centers look and ask for miniatures and dwarfs. If all fails, order by mail from nurseries such as those we suggest at the end of this article. If they arrive through the mail or United Parcel with some yellow leaves, don't be alarmed. Snip them off and they'll grow back in no time.

New to the indoor-geranium scene—and exciting news it is—are the hybrid seedling plants, midway in size between the dwarfs and the old-fashioned garden kinds. Branching close to the ground, they form handsome mounds of foliage up to 15 inches high, with beautiful, big flower clusters of white, salmon, red and scarlet. You can have them in the garden in summer and in the house in winter or grow them all year around as house plants. Of the three new strains of these hybrids, called Sprinter, Sooner and Dash, we like the Sprinters best. With its dazzling color and rich foliage, Sprinter Scarlet is certain to be immensely popular (pictured, page 80).

Sprinters will be in the shops and garden centers this spring. Even if they're not labeled, you will recognize them by their close-to-the-soil branching, compact growth and single flowers in clusters. If you buy them in 4-inch azalea pots, wait a couple of weeks and then transplant them to 5-inch pots that are at least 5 inches deep, using the same mix as for the dwarfs. Fertilize Sprinters *once* a week. Otherwise, treat them in most other respects like your miniatures and dwarfs. The plants should continue to grow and bloom indoors right through the fall. If by any chance they start to lose vigor or develop long branches, cut them back to four inches above soil level. They will then start to put out new branches and start another cycle of bloom during the mid-winter months. Those that have been summered outdoors can be trimmed immediately after you bring them in.

Most seed catalogs are already listing Sprinter seeds; by window light they will take about four months to reach blooming size. Place seed just below the surface in moistened, packaged, soilless houseplant mix. A top dressing of milled sphagnum moss will prevent rot. Keep the soil moist at all times and the temperature a minimum of 72° F. Most of the seeds will germinate in a week, and as soon as the seedlings emerge, mist with a mild solution of general fungicide every few days for the first month. When the plantlets have five or six leaves, transplant them to 4-inch pots. From then on, care for them like rooted cuttings or mature plants.

If your window light is not strong enough to bloom these geraniums, grow them under a 24- or 48-inch, 2-tube fluorescent fixture with reflector. Use one Cool White and one Warm White or two Verilux Cool Bloom tubes. An equally effective growth lamp is the Wonderlite, a 160-watt reflector bulb that fits into an ordinary size light socket. Keep any of these lights on for 16 hours each day.

Geranium Source List

Burpee Seed Co. Warminster, Pa. 18991; Clinton, Iowa 52732; Riverside, Calif. 92502. Hybrid seedling plants and seed.
Carobil Farm. Church Road, RD1, Brunswick, Maine 04011. Dwarf plants.
Hewston Green, Ltd. P.O. Box 725, Woodinville, Wash. 98072. Dwarf plants.
Logee's Greenhouses, 55 North Street, Danielson, Conn. 06239. Dwarf plants.
Merry Gardens. Camden, Maine 04843. Dwarf plants.
Park Seed Co. Greenwood, S.C. 29647. Hybrid seedling seed.
Stokes Seeds. Box 548, Buffalo, N.Y. 14240. Hybrid seedling seed.
Sunnybrook Farms Nursery, 9448 Mayfield Road, Chesterland, Ohio 44026. Dwarf plants.
Wilson Bros. Floral Co. Roachdale, Ind. 46172. Dwarfs and hybrid seedling plants.



"Ah, here's a house in your price range, but there's a robin living in it!"

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HOMEWORKERS! $250 WEEKLY ADDRESSING. Send self-addressed, stamped envelope: Suntex, B-60825, Okla City 73146.

$300.00 WEEKLY STUFFING ENVELOPES, Sparetime. Start Immediately. National, X3364, Indialantic, FL 32903.

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BUSINESS—MONEY MAKING

★ **HOW TO MAKE MONEY** Writing Short Paragraphs. Information free. Barrett, Dept. C44M, 8 South Michigan, Chicago, IL 60603.

$250.00 WEEKLY. EASY HOMEWORK. 2 Hours Daily. Headen, X922, Melbourne, FL 32935.

SONGWRITING RACKET—How to beat it. Descriptive booklet, 25¢. Racket, 64117 Dillon Road, #458N, Palm Springs, CA 92258.

★ **$175.00 WEEKLY** correcting pupils' lessons! Samples, $1.00! Castle's, 507-LJ Fifth, New York City 10017.

$500 / THOUSAND STUFFING ENVELOPES. Free Details. Colossi, Box 318-CL, Brooklyn, NY 11204.

★ **STAY HOME! EARN MONEY** addressing envelopes. New Genuine offer 15¢. Lindco, 3636-L Peterson, Chicago 60659.

$480 WEEKLY! Home Mailing Program. Alltime, Box 25131-LHJ, Tamarac, FL 33320.

★ **$250 PROFIT / THOUSAND POSSIBLE** Stuffing-Mailing Envelopes! Offer: stamped addressed envelope. Universal A-LJ3, X16180, Ft. Lauderdale 33318.

SECOND INCOME Stuffing Envelopes. Senoff Enterprises, L.H.J., 1589 Albion, Rexdale, Ontario.

$60 / HUNDRED ADDRESSING ENVELOPES. Guaranteed. Free details. Ranger, Box 418L, Great Neck, NY 11022.

$480 WEEKLY! "Guaranteed Program." Freedom, Box 30224-HL, Denver, CO 80230.

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Journal Shopping Center

FASHION: SUITED FOR YOUR WORKING IMAGE

PAGE 102: From left: LIZ CLAIBORNE suit: unconstructed jacket with rollup sleeves, can be worn open or belted, $84; dirndl, front-wrap and tie skirt with back slit, $50; both, linen-y bouclé. Available at Macy's, New York; Burdines, Florida; Rich's, Atlanta; Dayton's, Minnesota; Macy's, Kansas City; Younker-Kilpatrick, Omaha; Sanger-Harris, Dallas. JOHN ANTHONY PRET double-breasted, box-jacketed suit of rayon-linen has no-waistband skirt, $200. Available at Bergdorf Goodman, New York; Filenes, Boston; Furchgott's, Jacksonville, Florida; Hovland-Swanson, Nebraska; Woolf Brothers, Kansas City; I. Magnin, all stores.

ACCESSORIES, from left: LADY MANHATTAN rust blouse; KJL earrings. Bracelets and lapel pin by EVA GRAHAM. DELMAN shoes. CHINOISE dark green blouse, lapel pin from MEDUSA HEIRLOOMS. KJL bracelet. DELMAN sling back pumps.

PAGE 103: JOHN MEYER unlined, two-button jacket, $70; narrow dirndl skirt, $34; both in textured, woven rayon blend. Lacy acrylic boatneck sweater, $28. All at Wanamaker's, Philadelphia; Woodward Lothrop, Washington, D.C.; R.H. White, Worcester, Mass.; Magram's, Burlington, Vermont; Belk, Charlotte, N.C.; L.S. Ayres, Indianapolis; Bullocks, Southern California and Arizona.

ACCESSORIES: Earrings by TRIFARI, stick pin and rings, KJL, watch, KJL for HELBROS COACH LEATHERWARE belt, DELMAN walking shoes.

PAGE 104: PAULA SAKER suit co-ordinates: unconstructed plaid jacket with rollup sleeves, $130; slim skirt with front and back slits, $54; both, Irish linen. Short-sleeved cotton print shirt, $40. Available at Bergdorf Goodman, New York; Neiman Marcus.

ACCESSORIES: KJL earrings, loafer walking shoes from DELMAN.

PAGE 105: LUBA suit in a worsted wool blend has short, fitted jacket with slightly extended shoulders and wrapped, pleated skirt, $150. Available at Saks Fifth Avenue.

ACCESSORIES: Ring and earrings, KJL. LADY MANHATTAN print blouse, bow pin from MEDUSA HEIRLOOMS. strappy shoes from LA MARCA.

What's Happening

continued from page 11

Wagner, said to be a writer. She ha stuffed dismal dialogue into a soporif script and decided to direct it herse Hers is the tale of a wealthy woman i her swanky beach house, where she approached by a parasite who pushe drugs and weasels into her life. The have virtually nothing to say to eac other: He utters grunts and banalitie and she keeps repeating his name. *M ment By Moment* makes time stand stil No wonder people are already callin *Moment By Moment* "Hour by Hour.

TWADDLE

I thought that *Love Story* was a soupy soapy, sappy movie. Now comes its se quel, *Oliver's Story*, with Ryan O'Nea again playing the rich New England ic skater, and Candice Bergen playing th new girl in his life. The *old* girl, A MacGraw, passed to her reward in *Lov Story*—her reward being that she didn have to appear in *Oliver's Story*. Som may find this movie tearful twaddle, bu it is twaddle all the same. **En**

GENE SHALIT RE-VIEWS

Animal House is for those who like wild college humor. If you do, you'll have a good time.

The Buddy Holly Story stars Gary Busey, who gives a brilliantly disciplined performance; a rock picture that cares about its characters.

Days of Heaven comes close to being flawless; a film so lean, so precise, so true that it has the tension of a poem.

A Dream of Passion concerns an actress *playing* Medea and a real-life Medea behind bars, with Melina Mercouri and Ellen Burstyn. A tear-jerker, for those who like that kind of thing.

Grease is now a movie, a kind of visual junk food that will fill a couple of empty hours—if that's your wish.

Heaven Can Wait glows with charm and gaiety. It stars Warren Beatty and Julie Christie. When you leave this film, you'll be feeling sky-high.

The Lord of the Rings is a triumphant, animated visualization of Tolkien's epic fantasy. Not a child's cartoon.

Magic uncovers a sinister side to ventriloquists in a compelling chiller.

Midnight Express is vivid and brutal, the unforgettable true story of an American boy thrown into a Turkish prison for smuggling hash. Not for children.

Movie Movie is a delightful spoof of a 1930s double feature, with an all-star cast.

Once in Paris is about re-writing movies, and it should have been.

Paradise Alley is Sylvester Stallone's third—and tedious—movie about the same character.

Same Time, Next Year, based on the Broadway play, stars Ellen Burstyn and Alan Alda in a funny, tender, grown-up comedy.

Watership Down is a beautiful, animated fantasy based on the best-seller. Solid, delightful entertainment for the entire family.

The Wiz is a fizz. Oz has been turned into ooze.



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you need big load Finish®.

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STORE COUPON



LHJ-3/79

Pet Journal

Those Lovable, Laughable Pets

THREE SPECIAL ANIMAL TALES

Roger Caras

Have you ever known a cat or dog lover who didn't have a story to tell? Here, the Journal's pet expert shares his own special favorites.



THE NURSEMAID One of the nine Caras dogs is a Golden Retriever named Jeremy. True to his breed's character, Jeremy loves everybody and everything.

In our household, it's not uncommon for cats and dogs to curl up together on a cold winter evening. Young cats seem to find Jeremy especially attractive.

Motherless kittens often try to "nurse" on other animals and, over the years, several waifs have chosen Jeremy as a mother-substitute. The tiny creatures knead his belly with their front feet and suck on his fur, purring in apparent ecstasy as they seek what fate has taken from them.

Jeremy has always tolerated this behavior, but with obvious embarrassment. Whenever we caught him playing surrogate mother, he'd turn his head away—he couldn't bear to look anyone in the eye.

Eventually, out of respect for Jeremy, when the kitten of the moment started snuggling up to him, we'd put them both in another room. Jeremy seemed to appreciate the privacy and would reappear later—usually with a mewing kitten paddling behind—as if nothing had happened.

Once we invited visitors to see the show. Jeremy was terribly humiliated, and we never again invaded his privacy. Some things are sacred—even for a dog.

THE HORSE HANDLER Pudge was a Bulldog my wife Jill and I bought in London. Pudge adapted to American life easily, and soon took an intense liking to our horses.

When Pudge was only six months old, she learned to take a horse's lead rope into her mouth and guide the huge beast directly to its stall. She took her work very seriously and would mutter and fuss from between clenched teeth if her charge stopped to graze or found some other reason to lag behind.

For a while, Pudge's impatience created quite a problem. She'd take shortcuts to the stable and one of her favorite maneuvers was to duck under the bottom rail of the pasture fence. Clearly, a horse could not follow. While Pudge growled, snuffled and tugged, the horse would simply stand there, staring down over the fence as if that dog were quite mad.

After a few weeks, Pudge did learn to take the horses through the gate. She even discovered how to swing wide so that the horse would clear the gate post.

Pudge was a great help around the stable for years. She was all bulldog until the day she died in her sleep, under her favorite tree.

THE PICKLE HOUND When Bloodhounds track down lost hikers or escaped convicts, it's not the people they're really after, it's the fun and the reward. These gentle dogs are carefully taught to follow a trail—and they expect to be given a treat when they find its source.

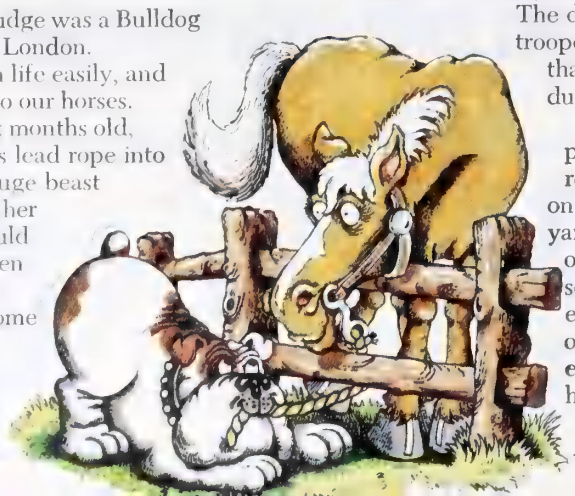


A new group of Bloodhounds was being trained at a big seminar in upstate New York. State troopers, F.B.I. agents, sheriff's deputies and city police were all participating. The officers had brought an array of dog treats: dog biscuits, bits of cheese, pieces of beef liver baked until hard as wood, candy bars and cookies. The trainers hoped that for each dog there would be something special, something he would respond well to as he learned the routine of man-trailing.

One hound, though, just couldn't get it. Not one of the treats was appealing enough to win his cooperation.

When the law enforcement officers broke for lunch, the reluctant hound began to show particular interest in one state trooper, nudging his elbow and sniffing his food. Finally the trooper shouted, "I've got it!" The dog, it seemed, was after the trooper's dill pickle. Come afternoon, that Bloodhound led the pack during the training exercise.

The Bloodhound now lives in a state police barracks, ready for the calls reporting that a hiker hasn't returned on time or a child has strayed from his yard. When a call comes in, a police officer and the dog set off on the search, the essence of pickle emanating from a bag attached to the officer's pistol belt. The hound works eagerly, driven by the desire to earn his most unlikely reward. **End**



Drawings by Kevin Callahan

Before you buy another bag of dry puppy food, remember who has to eat it.



A puppy isn't just a smaller version of a dog. He's really a baby.

Now, you wouldn't feed something hard and dry to a baby. So why feed something hard and dry to a puppy? Consider Gaines Puppy Choice®

Unlike dry puppy food, Puppy Choice is soft and moist. And, unlike dry, it contains meat by-products and meat for the taste puppies love.

Yet Puppy Choice is easy to digest. And it has all the special nutrition a growing puppy needs.

So instead of picking up a bag of hard, dry puppy food, pick up a box of soft, moist Gaines Puppy Choice.

Your baby will love you for it.

For a free Gaines Puppy Care Kit, write: Puppy Care Kit, P.O. Box 4136, Kankakee, Illinois 60901.



This is soft and moist. And contains meat.



This is hard and dry. And has no meat.



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Think of it as baby food for puppies.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.

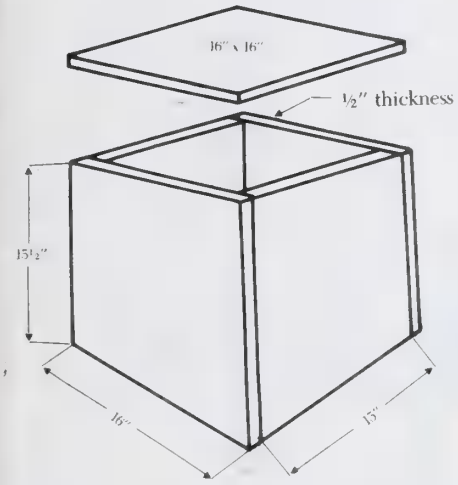
THE PERFECT CUBE

continued from page 109

Stores that specialize in unfinished furniture will have unfinished cubes in one or more stock sizes, and some will make special sizes to order. If you prefer to build your own cubes, consult the Yellow Pages for lumberyards that advertise cut-to-size lumber.

A finished cube should measure exactly the same dimensions on each of its sides, so when deciding what sizes to cut, remember to deduct for the thickness of the wood.

For example, following the diagram below, when making a 16″ x 16″ cube of ½″ thick lumber, only one piece is cut to 16″ x 16″. Two are cut 15½″ x 16″ and the remaining two are cut 15½″ x 15″. The sixth side of the cube is left open. Glue or nail sections of wood together, sand and finish.



Ralph Nader Reports

continued from page 17

get stations to hire more news reporters and have urged networks to reduce the violence in TV shows.

Church and parent committees all over the country are monitoring television in a systematic way, gathering evidence on specific issues. The committees often send this material to the FCC in Washington. When license renewal time comes around, the stations are expected to respond.

Where to get more information

There are many groups that will gladly help you follow your own particular television interest. The National Citizens Committee for Broadcasting (the group with which I'm associated), 1028 Connecticut Ave., N.W., Washington, D.C. 20036 will send you names of local citizen media groups in your region. We also can supply other useful materials, including information on a new method of rating TV. Unlike the Nielsen ratings, this method would poll not only how many people watch a particular program, but how much they actually like it. (Please be sure to enclose a self-addressed, stamped, business-size envelope.)

Action for Children's Television, 46 Austin St., Newtonville, Mass. 02160 can direct you as a parent to wonderful materials about what to watch for and work for in children's TV. These materials include advice on how to talk about, look at and choose programs with your child.

The PTA TV Action Center, 700 N. Rush St., Chicago, Ill. 60611 will send you information about their campaign for less violence in television programs. You might want to ask for the *TV Program Review Guide* ($.50 for one copy or $1.00 for three), a twice-yearly publication that evaluates specific prime-time network shows. The analyses in the guide are based on reports from thousands of PTA members all over the country.

The TV Action Center also maintains a national toll-free hotline to answer your questions about the TV industry. The number is 800-323-5177 (Illinois residents, call 800-942-4266).

The National Advertising Division of the Council of Better Business Bureaus, 845 Third Ave., New York, N.Y. 10022 will act on your complaints about the truth and accuracy of claims made in national TV advertising. **End**

Did their hands fool you?



(Cont'd from page 98)

Maura's grandma is on the left.
Her mother on the right. Obviously,
young-looking hands run in their family.
They say Ivory Liquid helps.

Mild Ivory Liquid helps hands stay young looking.

We're looking for mothers and daughters who are Ivory Liquid users. If you know of any, write and let us know. Maybe they'll be in an Ivory Liquid ad.
Send letters to:
Ivory Liquid, Box 599
Cincinnati, Ohio 45202



single woman with two small children was grim and lonely. Suddenly, she appreciated Howie and, frightened she might lose him permanently, agreed to try hard to make personality and behavioral changes and to do her best to satisfy his wishes—once she understood what they were.

"At my explicit request, Howie promised to express his desires and disappointments, share his feelings, hopes and hurts with his wife. Cathy learned to recognize and praise her husband's business triumphs without dragging in mention of her father's income, which helped boost Howie's morale. She curtailed her spending fairly easily. Cathy discovered that comparison shopping, something she had never done before, not only saves money but was also fun. This automatically reduced the number of telephone appeals to Daddy for funds—another morale lifter for Howie. And Cathy trained herself to stop pestering Howie to help her make trivial decisions—a less easy change but a big relief to him.

"Improvement in the couple's sexual relationship came slowly and remains far from perfect. Howie was weary of hearing Cathy's fantasies, which he suspected—no doubt correctly—were intended to irk him. She gave up that unrewarding practice and also learned to take the initiative, from time to time, in their love-making. Howie was pleased, although Cathy still would have preferred a more aggressive sexual partner.

"It is a truism, however, that reconciliations brought about for the sake of the children are seldom long lasting. At the conclusion of our counseling, I judged the chances of Cathy and Howie sticking it out to be roughly seventy percent negative and thirty percent positive.

"One year later I phoned the couple and found that they were still together. I then revised the odds for success to fifty-fifty. Cathy insisted that the chances were better, but Howie declined to supply an estimate. He kept his own counsel and maintained his customary silence." **End**

Can This Marriage Be Saved?

continued from page 24

"Well, I've been on my own for three months now. I see the kids on weekends. Cathy says she hasn't seen Grant and I believe her. Often she cries and begs me to come back but I'm not sure, I'm just not sure I can handle it."

THE COUNSELOR'S TURN

"Both Howie and Cathy truly loved their children; it was their strongest bond," the counselor said. "In fact, it was Howie's concern for his daughters that led him back home but, as he was quick to point out, 'only on a trial basis.'

"By then the gulf between them was deep and wide, as it often is where there has been a radical reversal of positions and attitudes in a marriage.

"In the early days, Howie had tried his best to satisfy his wife's every whim. He knocked himself out trying to hold down a demanding, full-time job and earn his Ph.D. at the same time. It was a crushing load. When Cathy grew to resent his long hours, he agreed to study at home in order to provide her with companionship. Then, when he fell asleep over his books, she complained that his company was dull, his love-making infrequent and uninspired, that she needed 'more of a man' to satisfy her.

"He bore her taunts in silence, which is how he had learned to deal with his anger in childhood when, as a sickly child, he resented the smother-love of his mother. But Cathy was turned off by what she perceived as weakness and dreamed of being swept off her feet by a forceful man.

"The couple reconciled under radically different conditions. The separation had convinced Cathy that the life of a





Tell about past?

continued from page 51

never bought me a Piaget watch.' Well, it was only a little lie, but my husband was quite upset."

In other words, as you and the man you are married to/live with begin to develop a past of your own, the information you once divulged about your more distant past can come back to haunt you.

It's sad to say, but most women would agree that the more explicit the information you reveal about your past, the more fuel you provide for future fights. Louise, who is 32 and has been married to Michael for six years, admitted to him that she had once been deeply involved with two men simultaneously, but neither was aware of the other's existence. Michael was intrigued by the story at first but, as time went on, he would bring it up in self-serving ways, generally to make himself look more virtuous than Louise. "He came home late one night," she told me, "and I was angry. We got into a silly argument and I suggested that maybe he had not been working overtime, maybe he had been out with another woman. And he retaliated with, 'How dare you, a former swinger, accuse *me* of fooling around?' "

Michael wasn't concerned with his wife's morals. He simply couldn't stand the fact that his wife was once sexually involved not merely with one other man but with two.

Such feelings of insecurity are common to men and women alike. Be careful of how you handle those reassure-me routines: "What did he look like? Was he good in bed? Did you really love him? Did you love him as much as you love me? Are you sure you're not still in love with him?"

It's best to be as soothing as possible. That is, never let a man think, even for a moment, that he is anything but superior in all possible ways to every other man you have ever known. This is the one instance in which an out-and-out lie is not only permissible, but advisable. It is also the one instance in which your lies will never cause you grief later on.

On the other hand, nasty remarks about the men in your past are not only in poor taste, but may not be in your own best interest. Though you may get a conspiratorial laugh, he may very well be wondering, "If he was so awful, what was she doing with him?" And then: "If she's telling me how awful he was, maybe someday she'll be telling someone else how awful *I* was."

(By the way, don't *you* go through the reassure-me routine unless you're prepared to cope with unwanted answers.)

Sometimes, out of guilt, you may be tempted to confess yesteryear's sinful deeds or other negative aspects of your past behavior. In doing this, you may hope to absolve your sins by exposing them to the man you love, who is then supposed to reassure you that he loves you anyway. But absolution is one thing that should not be sought in a relationship with a man. The very fact that you're looking for him to restore your damaged (or slightly dented) self-image, automatically confers on him the rank of "better," and this does not make for an equal partnership. Try confessing to a friend instead.

One final caveat: Telling a man about your past should never be an all-or-nothing proposition. Don't make the mistake of thinking that you can avoid the subject of your past by pretending that you don't have one. No man, however gullible or in love, will believe that you sprang full-blown into your present self, like Venus rising from the half-shell. And, no matter how secure you think you, he—and the relationship—are, don't tell him absolutely everything.

If men were meant to know all there is to know about women, there would be no such thing as 24-hour mascara.

End



Enemy at the Gates

continued from page 47

"Boy, am I in trouble," said Mike, rubbing his face. "That car's not paid for yet. Am I going to get it."

"What did you hit?" asked Carol.

"I dunno. Some tree."

"Incidentally, I'm Carol Saunders, and that's my daughter, Beth."

He nodded at Beth. "I'm Mike. That's Dave over there, and Ron."

Dave with the spots; Ron stationary now but weaving from the waist up. "Shouldn't you call your parents?" asked Carol.

Mike and Dave looked guilty; Ron was beyond guilt. "Yeah, well . . ." said Dave.

"Look." She took a deep breath. "If anybody's going to have to do any fancy talking about all this, maybe you should all have a cup of tea first." She went to the kitchen and put a kettle of water on the stove.

Beth followed her. "Mother, are you crazy? *Tea?* What did you even let them in for? They're drunk."

"What was I supposed to do? They needed the phone."

"You could have called for them. They could have waited outside."

"It's raining."

"They could have sat in their car. It's still got a roof, hasn't it?"

"Well, I guess they could have. I don't know, it just seemed . . ." Rude, she was going to say; inhospitable. Idiot. I deserve to be raped and robbed, she thought.

Beth carried the teacups into the living room, set them on the table and immediately moved away from them, disowning them, and laid a space between herself and the boys that might have been a ring of fire.

Mike and Dave picked theirs up clumsily, as if unaccustomed to cups. "Thanks, ma'am," said Dave.

Mike poked him. "Miss," he corrected.

Miss: no visible husband.

Ron ignored the tea and began to hiccup, quietly, with an inward expression on his face as if hiccups were a conscious, absorbing effort. As the other two sobered under the pressure of the situation, Ron seemed to be getting drunker. He drifted against the back of a chair and flowed away from it again, like a log sloshing in the currents of some invisible sea.

"Call your parents," said Carol.

Mike sighed. "Yeah," he said, and picked up the phone.

The conversation went badly. Mike hunched his shoulders and ran his free hand through his hair, explaining, then listening. "But Dad—. Yeah. Yeah. *No.*"

To her own surprise, Carol said firmly, "You tell him I said it wasn't your fault. Tell him that turn's dangerous, and I live here, and I said so."

"The lady here says . . . But, Dad. But. listen. Well, anyway, can you come pick us up? . . . Dad?" He listened a minute, and then hung up slowly.

"Is he going to come and get you?" asked Carol.

"No. He hung up on me. He said I could walk. It's about ten miles. Twelve maybe. And he didn't even ask if I was hurt. You know? My own father, and he didn't even ask if I was okay." He put his head in his hands in an oddly adult gesture and sat slumped.

"*I'm* hurt," said Ron suddenly, and hiccuped. "My foot hurts. I bet it's broken. I was in the back seat, see," he explained to Carol, garrulous all at once, "and when we hit, when we hit the tree, I slid forward like, and I guess I got my foot caught under the seat. The front seat. And it hurts. I guess I twisted it. I think maybe it's broken."

Mike lifted his head out of his hands and stood up. "Here," he sighed. "Sit down. Sit down on the couch." He pushed Ron lightly back and down to sit. "Which foot is it?" He got down on his knees in front of Ron and unlaced the battered sneaker and slid it carefully off. The foot underneath, sockless, was long, bony and filthy, with blackish aprons of dirt between the toes. Mike took the foot in his two hands like a kitten or a baby bird, and worked it from side to side, then ran his fingers down the tendons. "Move your toes," he said.

Carol, watching, thought, I've seen this before, or heard about it, or read about it. Read it somewhere. What was it? Was it something in the Bible, for pete's sake? No, it couldn't be.

Mike moved each of Ron's toes separately, asking, "Does that hurt? Does that?" Then he said, "It's not broken; just bruised, I guess." He slipped the sneaker back on and tightened it and then tied it. "You better call your mom."

Ron had better luck. Apparently his parents understood his slurred, sloppy explanation, dotted with hiccups, and they said they would come and get him.

"Can they drive the others, too?" asked Carol. Ron gazed dreamily at her. "Dave? Mike? Do you live near Ron? Where *do* you live?"

"Yeah, well . . ." said Dave. He closed his face to her, or *at* her, and offered it to her shut. Defiant, blank, covered with spots and empty of information; a practiced face, one he used often, probably, to principals, teachers, advisors, policemen. She had overstepped a boundary in their relationship. She turned to Mike.

"We all live in the same place," he said guardedly.

She blinked. "Together? You're . . . brothers?"

"No. No, not together. Just in the same place."

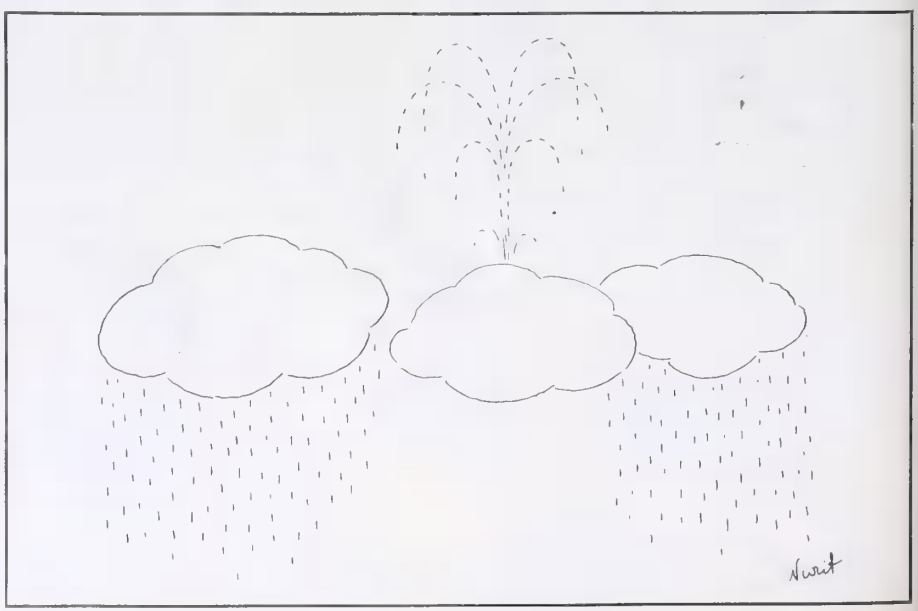
"Tow truck's here," said Dave.

They were all relieved. Even Beth moved again, and went to get her coat.

The street was bright with the truck's spotlight, and they all moved around in it, casting black shadows through the misty rain. Mike's car sat crookedly, down on one side, its front shattered. The grass crunched with odd bits of car; Carol picked one up and stared wonderingly at it in the bright light. It was plastic, and weighed nothing in her hand. Pachowski kept shaking his head. The boys seemed to know him. "Two more payments," Mike said, over and over. "And how'm I even going to get the money, cause I need the car for my job, delivering stuff. How'm I going to make the payments?"

A car drove by, slowed down and stopped. "There's your folks, Ron," said Dave.

"I guess I got to go," said Ron. Carol walked beside him to the car. The two figures inside it were dim, outside the spotlight's circle, but she *(continued)*



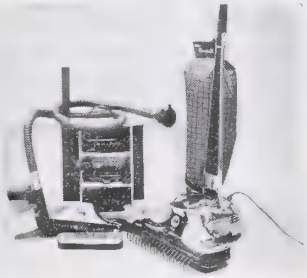
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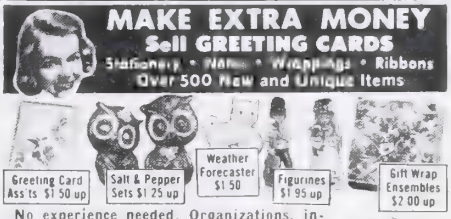


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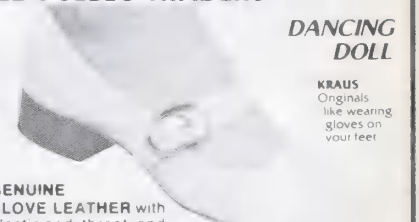
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Enemy at the Gates

continued

had an impression of bitterness and a kind of angry impassivity; they sat rigid. They did not greet their son. He got into the back seat.

"Excuse me," said Carol, "but if it isn't too much trouble, would you mind waiting for the other two boys? They just have to wait till the truck gets off with the car."

Ron's parents were staring in front of them, through the windshield, and they did not answer. Were they deaf? "I understand you all live near each other. Can you wait and take the others too?"

For answer, Ron's mother wound the car window all the way up.

Ron leaned forward across his father's shoulder and called out the window to the others, "Wait. I'll come back and get you. I'll take the car and come pick you up. I'll get back as quick as I can."

Since neither his mother nor his father said anything to this, or seemed to have heard, Carol, feeling she must be the only parent left, raised her voice and said, "No, you don't. Don't you *dare* try to drive anywhere tonight, Ron. If you come back here in a car, I'll call the police and have them pick you up while you're still alive. You go straight to bed when you get home." What an absurd thing for me to say in front of his parents, she thought, and wanted to laugh. "Don't worry about Mike and Dave. *I'll drive them home.*" She had to shout the last words, because the car was moving. Its taillights winked away around the corner.

She went inside to get her pocketbook, pleased to have something definite to do to bring the muddled evening to a tidy close.

Beth was disgusted. "Do you want me to come?" she asked. "I think you're nuts. That's the kind of thing you're not supposed to do, especially women. People are always warning you. You'll probably get clunked on the head, driving around with strangers."

Carol checked her pocketbook for the keys and glanced briefly at her lovely daughter. The white skin seemed like a physical expression of her clarity, sanity and fierce distaste for muddles. Carol was grateful to have such a daughter. On the other hand, it wasn't necessary to be quite all that pure. "They aren't strangers," she said. "You wait here. Anyone else hits the oak tree, don't let them in."

The tow truck grappled the twisted car away from the tree and lifted its wrecked nose, then moved away down the street, red light flashing. "Christ," said Mike, and kicked at a chunk of sod. "Two more payments."

"Maybe you can get them to defer them or something," said Carol. "Give you an extension."

"Huh," said Mike. "It's my father. My dad I borrowed the money from."

"Oh." She shepherded them to her car. There was some sort of resistance in them; she could feel it: don't let them find out where you live? Don't give your last name, don't tell them your address, you never know when they might turn on you? But it was raining harder now and their wariness crumbled.

Dave got in back and Mike beside her. "Thanks," he said. "Listen, honest, thanks a lot. I mean, you didn't have to drive us. We really appreciate it. If I had some money, if I can get some money, I'm going to come back here and pay you for all you've done for us tonight. I mean it, and Ron too, he didn't get a chance to say thanks."

"Just pass it on," said Carol.

It was late now and the highway was almost empty. They saw the tow truck, light blinking, ahead of them, moving slowly. Carol pulled out and passed it. As they moved alongside, Mike's car looked as fragile as an egg, crushed, humiliated, good for nothing. Mike turned around in his seat to watch it dropping away behind them.

"Turn here," said Dave. "Then you take your next left."

Carol leaned forward and peered through the windshield wipers. They were off the main road now. She turned and turned again, and the dark seemed to get thicker; she had lost her bearings. This was no place she had ever been before. Fear flicked lightly across her mind. She felt very much smaller than her passengers. Woman's Body Found; Youths Held in Car Theft.

She made another turn and they burst out into brightness again. "It's right here," said Mike.

It was a trailer park. Two vivid burglar lights on tall poles lit up the road, the rows of trailers and the field beyond. She bumped slowly between them.

The burglar lights gave everything a sinister, expecting look, like a movie set. The trailers were the kind that look like trailers, not movable houses, and they sat close together on the littered gravel; no grass, no awnings, no window boxes, no cozy little porches added on. Economic defeat had laid its hand firmly here, and no one had tried to disguise it. Inside, there wouldn't be much privacy for a family. A boy who stayed home nights, watching television, would be pressed to the walls by bitter, stony parents damaged by their lives, spreading damage. A car would feel more like home. You could get some friends and some beer, go out and drive around on the dark slippery roads.

The lights cast inky shadows, and out of one of them burst Ron, moving eccentrically and waving his arms.

"Oh, good. He didn't try to come get us," said Dave.

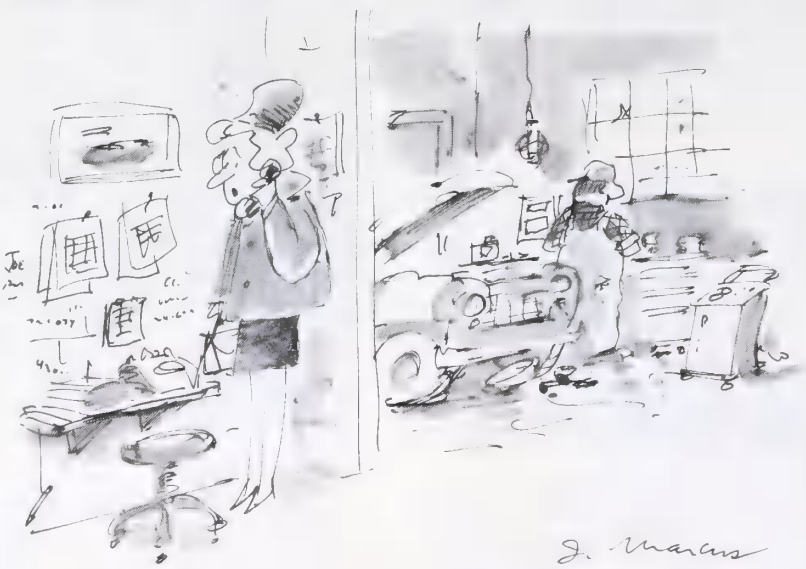
Mike got out, and held the seat forward for Dave. "Thanks a lot, ma'am. I mean, miss."

"Yeah," said Dave. "I don't know what we would've done without you."

"Goodbye," she said. "Take care."

The enemy had come to her gates, she had met him face to face and vanquished him. But somehow there seemed to have been a mistake. She had mistaken the enemy.

The boys walked down to meet Ron, and the shoulders of their long shadows almost touched. For a moment, under the bright, bluish, burglar lights, the three friends seemed almost as beautiful as her own child. She wanted to bring them too, and more, and gather them all in together in some quiet place to be safe; some kind of protective circle, like her arms. **End**



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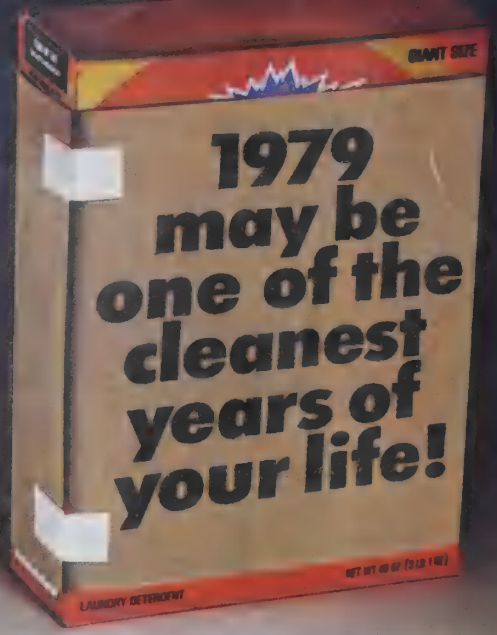
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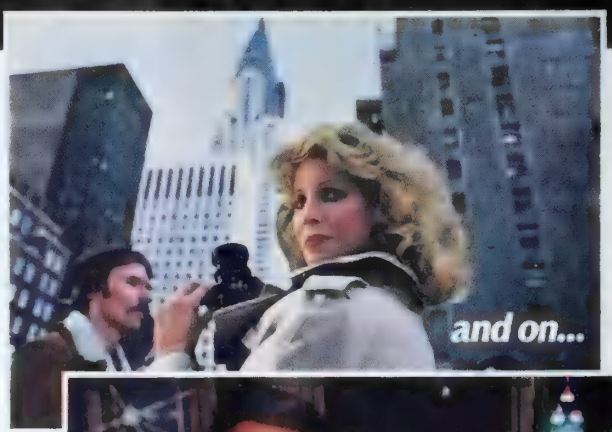
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ARTICLES & FEATURES

Editor's Diary		8
What's Happening	Gene Shalit	12
Can This Marriage Be Saved? "I Was a Battered Wife"	Dorothy Cameron Disney	18
Mothering: When *He* Keeps the Kids	Geraldine Carro	24
The New Volunteer: Getting Ahead While You Give to Others	Mary Scott Welch	29
Spending Your Money	Sylvia Porter	40
Ask Me Anything	Ralph Nader	47
Headliners		
Barry Manilow	Stephen E. Rubin	48
Margaret Trudeau	Alan Markfield	54
The New You	Sally Wendkos Olds	66
Nancy Kassebaum: Making Political History	Lynda Johnson Robb	70
Houseplants You Can "Forget"	Virginie F. and George A. Elbert	90
Your Family's Health	David R. Zimmerman	92
Phobias: Your Secret Fears and How to Beat Them	Mary Susan Miller	95
The Working Woman: How to Use Pull	Letty Cottin Pogrebin	98
The Pope as a Young Poet		103
Cher	Varina M. Druce	112
Pet Journal: What Is Your Pet Telling You?	Roger Caras	170

SPECIAL SECTION

Love Signs for the April Woman	Linda Goodman	143
How to Enjoy the Love of Your Life	Harold H. Bloomfield, M.D.	148

FICTION

The Watch Cat	Irving Townsend	104

FOOD & EQUIPMENT

Community Cookbook: The Souper Supper Cookbook		72
Mealtime Express		88
Fun, Games & Food	Sue B. Huffman	120
Critter Cakes		122
Spinach		124
Recipe Index		137

FASHION & HOME SEWING

Sewing: The Growing Way to Keep in Fashion	Trudy Owett	116

HEALTH & BEAUTY

Beauty Journal		64
21 New Ways to Look Terrific	Maureen Lynch	106

DECORATING & CRAFTS

Easy-to-sew Lullaby Lovables		62
Spring Bags	Ann B. Bradley	114

Cover photograph of Cher by Harry Langdon; hairstyle by Jose Eber; makeup by Brad Wilder. Page 8: photograph of Pope John Paul II by Sygma. Page 103: Maski/SIPA, Black Star 1978. Pages 112 and 113, bottom: Douglas Kirkland; others, page 113: Harry Langdon.

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Editor's Diary

Lenore Hershey

THE SEASON OF RENEWAL

The chronological closeness of the Easter and Passover holidays is not accidental, since many biblical scholars feel that the Easter events in the New Testament happened in the Passover season. In any case, the common roots of the Judeo-Christian heritage unite in the spring in a new surge of hope. Men and women of goodwill are encouraged by the bud and blossom of the season to deny again that we are strangers in an absurd universe. Life has meaning; faith conquers suffering and transiency; the rhythms of being are part of a larger order. It is in this spirit that the *Journal* presents the early poetry of Pope John Paul II (pages 103 and 176). This colorful, humane Polish pope has captured the imagination of Catholics and non-Catholics alike, and the poetry he wrote as a young man gives a new dimension to his papacy, and a special depth to our pages.



THE POPE: John Paul II; a colorful, humane pontiff who was also a poet. He wrote under a pen name while a young priest in Cracow, Poland.

And what about Linda Goodman's Love Signs (page 143)? The book is an amazing best seller. Obviously Americans love horoscopes, whether they take them seriously or not (and many do). Our own sense that individual fates are shaped by something-even beyond the stars is irrelevant. The Goodman analyses are canny and fun to read, especially when balanced by a psychiatrist's advice on "How to Enjoy the Love of Your Life" (page 148). Perhaps, the overall word is just that: *Love*. It is, in all its aspects, the greatest renewer. HAPPY EASTER. HAPPY PASSOVER.



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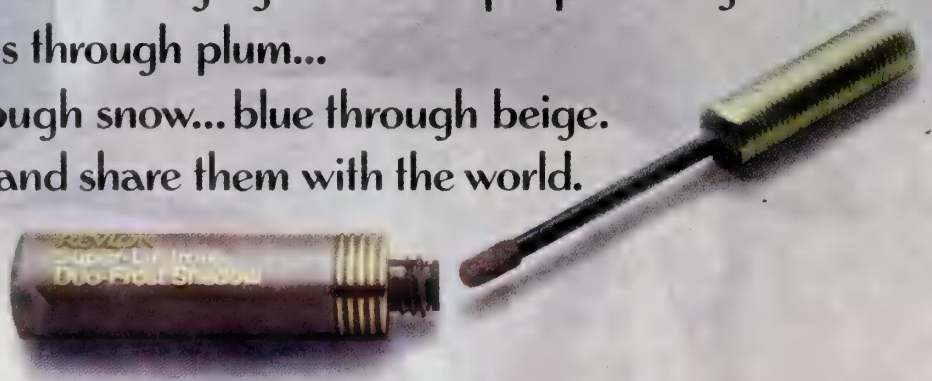
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What's Happening



Gene Shalit

In this month's roundup, Gene picks his best movies for '78, and the top-to-come for '79 . . . plus a talk with Jon Voight and good news in children's books.

THE BOX OFFICE OSCARS

The Academy Award winners will be announced this month, but the public has already voted in its own way: by buying tickets at the box office. Here are the pictures people picked in profusion last year according to figures compiled by *Variety:*

Top moneymaker: *Grease* with $166 million. Second: *Close Encounters of the Third Kind*, $108 million. Third: *Animal House* (the *National Lampoon* comedy that all collegia has crushed to its bosom), $104 million. Fourth: *Jaws 2*, $100 million. Fifth, *Heaven Can Wait*, $85 million.

An interesting list. Virtually every important critic thought that *Grease* was shoddily made, lacking admirable craftsmanship. But the 10-to-15-year-old moviegoers would not be denied.

If you saw *Close Encounters* in a theater with the proper sound equipment and giant screen, you had a colossal experience.

Animal House—American youth went so crazy over this campus comedy that all three networks have come up with prime time series that are copies.

Financially, *Jaws 2* is the most successful sequel ever—in some countries it has made more money than has *Jaws!*

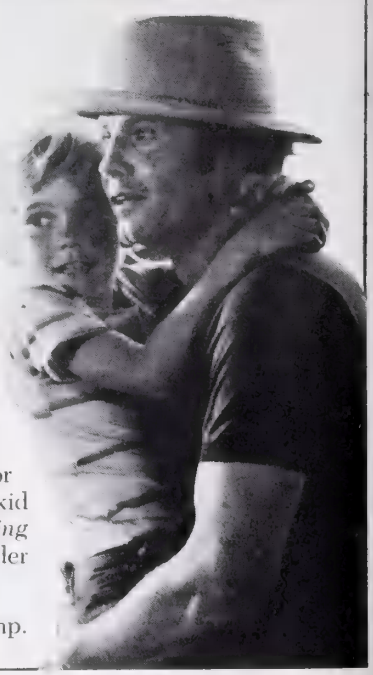
Heaven Can Wait was a sophisticated soufflé, a romantic delight. It's nice to see that it paid off so handsomely at the box office.

"SOMETHING SPECIAL"

The movie to keep your eye on this month is *The Champ*, a new production of the 1931 classic that won an academy award for Wallace Beery and made a star of the-then-kid Jackie Cooper. This time Jon Voight (*Coming Home*) is in the title role, and Ricky Schroder is the 8-year-old boy people are talking about. Voight, one of our finest actors, is almost obsessively cautious about accepting scripts, so I asked him what made him say yes to this one, and what he discovered about Schroder. Voight, ever candid, tells the story:

"They told me, 'You're perfect for the part and if you don't do it the picture isn't going to be done.' But before I made the commitment, I had some problems with the script. I was worried about this and worried about that, as I always am before a movie. But the story is one I quite admire. The characters are flamboyant, the action is constant, it's an exciting tale. At its heart is the broken family, the suffering that we all feel, the pain we all suffer. I play a boxing champion of the world who has a little boy, played by Ricky Schroder, who, on the screen, looks like I looked when *I* was a kid—blond hair and freckles.

"In one *(continued on page 16)*



Ricky Schroder and Jon Voight in The Champ.

Photograph from MGM/UA



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continued from page 12

scene the father says to the little kid: 'I don't want you around anymore. You eat too much, you bother me, you're always trying to stop me from drinking, just get out of here, I don't want you around.' And the kid looks up and says: 'Please, Champ, don't send me away. I want to be with you. I won't eat so much.' When he says that, it breaks your heart.

"Let me tell you about Ricky. He has that professional child thing that I hate so much, but inside there's a kid who is quite remarkable. I don't treat him as a child. I never do treat children as children. This boy is a complicated person. He's very aware that if he acts like a little boy he can often get what he wants. But, in fact, his opinions are those of a very aggressive adult. He's a real toughie. So on the one hand he's playing this child to get away with things and he becomes a brat. On the other hand he's competing in the adult world, fighting for his place, which makes him rather complicated company. And underneath both of those attitudes there is a passionate person who feels a lot of things, a powerful artistic personality. Luckily he's got a strong family: a great sister, a mom who is a real good lady, and a dad who is good to him, so Ricky is pretty well protected. He certainly is a very unusual person!

"The movie is something very special; I'm very glad I did it."

MORE LOOK-AHEADS

Outer space is ahead. Far ahead. *Battlestar Galactica*, the hit TV show, is coming to the big screen next month—a film of the future with stars from the past: Ray Milland, Jane Seymour, Wilfrid Hyde-White and Lew Ayres. And from TV today Lorne Greene, Richard Hatch and Dirk Benedict.

Big event this month: Woody Allen's *Manhattan*, a comedy written with his sidekick Marshall Brickman. The stars are Woody, Diane Keaton, Michael Murphy and the 16-year-old Mariel Hemingway, the prettier of the Hemingway sisters and by far the better actress.

Okay everybody, are you ready for: *Beyond The Poseidon Adventure?* Hmmmm, I was afraid of that. When we left our story (and the theater), the S.S. Poseidon was upside down under the ocean. It seems the ship was filled with treasure, retroactively put there by the people who dreamed up this sequel. Gangs of stars are jumping into the water to salvage the loot. Shelley Winters won't be among them because she glugged out in Poseidon I.

CURRENT MOVIES

▪ *Every Which Way But Loose*, with Clint Eastwood, Ruth Gordon and an orangutan named Clyde, is (according to Clint) a comedy and (according to Gene) a bomb. The men who made the movie insist that it's a comedy, and the presence of the ape is a vote in its favor. That ape is amusing, and so is Ruth Gordon, whose work I love. But the picture itself is an unstructured shambles.

▪ Among all of the types of Hollywood movies, few are more popular than are *prison* movies. The newest is *On The Yard*—the prison yard, that is. In this movie, prison life seems quiet. There's a lot of hanging around in the yard—cons gossiping and making deals. The big dealer in the yard is a bearded, baby-faced con named Chilly (Tom Waites). He deals in cigarettes, he's the prison bookie and he has a henchman who punishes people who welch on their debts. His satellites include an old con named Red, superbly portrayed by Mike Kellin. A conflict develops between Chilly and John Heard, a basically decent young man who just wants to be left alone and stay out of prison politics. But he is soon over his head in trouble with terrible consequences. *On The Yard* is an intelligent prison drama with a range of cons who never loosen their grip on your attention. Among prison pictures it ranks with the good ones. There have been so many good ones over the years that someone should gather the best and we could have a con film festival.



Gene Shalit

1978's BEST MOVIES

This is an answer to all the readers who have asked me for my favorite films of 1978. Traditionally critics list ten best. There weren't ten best, so here are my eight ten-best movies of the year, in alphabetical order:

Autumn Sonata, with Liv Ullmann and Ingrid Bergman.

Bread and Chocolate, with Nino Manfredi.

Coming Home, with Jane Fonda, Jon Voight and Bruce Dern.

Days of Heaven, with Richard Gere, Brooke Adams and Linda Manz.

The Deer Hunter, with Robert De Niro, Meryl Streep, John Cazale, John Savage, Christopher Walken.

Heaven Can Wait, with Warren Beatty, Julie Christie, Dyan Cannon and Charles Grodin.

Interiors, with Geraldine Page, Diane Keaton, Maureen Stapleton, Mary Beth Hirt and Sam Waterston.

Madame Rosa, with Simone Signoret.

Any year that gives us eight films of that quality is a very good year indeed.

PRIZED BOOKS

Every survey shows that Americans are reading more books than ever before, so here are some of the newest and best, chosen by judges for adults and for children. This year's awards to the distinguished books for young people, selected by the American Library Association, fall into two categories, the Caldecott Award for the best picture book, and the Newbery Award, for best writing.

This year's Newbery winner: *The Westing Game* by Ellen Raskin, part mystery story, part play-along game, part do-it-yourself puzzle peppered with odd insights and sparkling word twists. Enchanting.

The Caldecott winner: *The Girl Who Loved Wild Horses* by Paul Goble, the story of an American Indian girl who becomes as one with a wild herd. Newbery runner-up: *The Great Gilly Hopkins*, a comic novel by Katherine Paterson. Caldecott runners-up: *Freight Train* by Donald Crews, an almost wordless work for the very young . . . Peter Parnall's *The Way To Start A Day*—which is a lovely picturebook-way to start any youngster's day. For adults, the National Book Critics Circle has chosen: FICTION: *The Stories of John Cheever* by John Cheever. GENERAL NON-FICTION (two winners): *Inventing America: Jefferson's Declaration of Independence* by Garry Wills, and *Facts of Life*, which the judges called "a scary, funny and self-doubting memoir" by the remarkable Maureen Howard. *CRITICISM: Modern Art: 19th and 20th Centuries, Selected Papers* by Meyer Schapiro. POETRY: *Hello, Darkness*, 134 examples of the art of the late L. E. Sissman.

HOW WORDS CAN MAKE YOU RICH BEYOND WORDS

Peter Benchley, whose earlier blockbuster was *Jaws*, has a new novel coming from Doubleday next month called *The Island*. It may produce a new definition: "*Island*—a writer completely surrounded by money." Look what's happened: Nine motion picture companies chased the manuscript and Zanuck/Brown caught it with a winning bid of $2,150,000 to Benchley. Plus—a share of the movie's profits. The Literary Guild book club grabbed it as a selection, and Bantam Books paid $2 million for the paperback rights. *The Island* has already generated a wide swing of feelings. Some call it "monstrous." Others call it "marvelous." But the big bucks boys are betting it'll be a book-and-box-office bonanza. The story is set in the Caribbean where a New York newsmagazine writer and his 12-year-old son try to fathom the disappearance of some 600 boats and 2,000 people. Benchley has concocted a bizarre ending, which is one of the lures of the book. Benchley (*Jaws*

continued on page 173

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Can This Marriage Be Saved?

"I Was a Battered Wife"

Dorothy Cameron Disney

How does a wife stay with a husband she can neither trust nor forgive? Genevieve saved Hal—and then realized it was time to save herself.

This case is based on information from the files of the Northwest Indiana Women's Bureau, Inc. Since 1977, the Women's Bureau has provided advocacy and housing for victims of family violence. The true story reported here is drawn from counselors' reports of interviews. Names and other minor details have been altered to conceal identities. The counselor in this case was Sharon J. Hall.

Rachel Van M. Baumer, PhD
Executive Director
Northwest Indiana Women's Bureau, Inc.

GENEVIEVE'S TURN

"When I stopped at the tavern that night I recognized Hal immediately, although I hadn't seen him for thirteen years—not since high school," began 34-year-old Genevieve. A frail, small-boned woman with dark hair, Genevieve is the mother of a teen-aged daughter by her first marriage and an infant son by Hal.

"On sudden impulse I said hello and asked if he remembered me," Genevieve continued in a low, uncertain voice. "He smiled a wide, broad smile and said of course—which seemed unlikely.

"He was three years ahead of me in school. He ran with a faster crowd, was a class hero and star of our basketball team (he's a big, muscular guy, 6'5", 190 pounds). I was Little Miss Nobody who could only worship him from afar.

"Hal ordered me a beer before I could protest and insisted that I sit down so we could get reacquainted. In no time we were yakking away as though thirteen years were thirteen days.

"I was completely charmed by Hal's friendliness and good manners, his self-assured ways. I had no idea that he was a chronic alcoholic, capable of incredible destructiveness and violence. We met during one of his periods of comparative sobriety, which occur every two or three months.

"In the course of the conversation, Hal told me that his work—he'd been in the construction business on the Pacific Coast—had gone sour. He confided that he'd come back to Indiana to build a new life for himself.

"I was impressed by his frankness and I made up my mind to help him get established. The next morning I appealed to my oldest brother, an executive with a large company, and by afternoon Hal had landed a good job in their maintenance division.

"That evening we celebrated over dinner in a plush restaurant. Hal called me his Miracle Woman, a name that I cherished far more than the fancy meal. In the next two weeks, to my own amazement, I fell wildly, helplessly in love with Hal—in a way I'd never loved a man before, and can never love a man again, that's for sure.

"My first husband—we were married the week I turned seventeen—was immature and irresponsible. For the three years that we were married, I supported the family. Richard was fired from job after job because of absenteeism and when Betsy, our daughter, was old enough for nursery school, I divorced him.

"Richard's idea of sex was to satisfy himself as quickly as possible. He never gave a thought to satisfying me and I accepted the situation unprotestingly. I knew very little about love and sex: how could I miss what I didn't know?

"In the years after the divorce, I lived alone with my daughter, expending my extra energy on politics, charity drives, other community campaigns.

"I dated regularly, but I was content with life as a single—until I met Hal. Then, suddenly the whole world changed for me. At the age of thirty-two, I learned what sex, good sex, can mean between a man and a woman. Hal taught me.

"During the six short weeks before our wedding, Hal got along beautifully with my daughter. But he was terribly hostile to my political associates, men and women alike. (I was party precinct captain and the election was days away.) He was so rude to them that they terminated a long-standing arrangement, refusing to meet at my house any longer.

"I was very upset but Hal apologized profusely, hugged me and then confessed that he was jealous of my friends. Silly me!—I was flattered.

"When my party lost the election, I automatically lost my job with the state and had to take a less stimulating job in private business. I could tell that Hal was secretly delighted, and I was badly hurt by his selfishness. Once against I was flattered out of it—Hal insisted we advance the date of our wedding.

"My parents missed the ceremony, undoubtedly to signal my father's disapproval of Hal. My father watched his younger brother, my darling Uncle Clyde, die because of his alcoholism. From the beginning, my father warned me that Hal, too, showed all the telltale signs of being a hopeless alcoholic.

"Hal's mother also declined to attend (his father died years ago). Later I learned that Hal had destroyed most of her furniture in a drunken spree the previous year. No wonder she stayed away.

"By mid-January, barely three months after we met, I became keenly, painfully aware that my new husband was consuming an incredible amount of *(continued)*

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Can This Marriage Be Saved?

continued

alcohol, as much as a quart a day. Bottles turned up everywhere—under the sofa, in the potato bin, at the bottom of the hamper. When Hal didn't have the money to pay his share of the household expense, I realized that most of his paycheck was going to pay liquor bills. It seemed that the Hal I knew and loved had vanished, leaving behind a mean, ill-tempered stranger.

"Somewhere during this wretched time, too soon for propriety, I confirmed my suspicion that I was pregnant. I dreaded Hal's reaction. But to my relief, he seemed extremely pleased. He promised to go on the wagon. I believed him.

"His reform lasted maybe a week or two, I don't recall. Anyhow, one night very late, he staggered into the bedroom, loudly demanding that I cook a meal for him at once. I was half asleep and didn't move fast enough to suit him. He dragged me out of bed and when I stumbled he slapped my face like he was swatting an annoying fly. Then he threw me on the floor.

"Betsy was awakened by the uproar. She ran in, found me bleeding and unconscious and called the police. They refused to interfere in a case of domestic trouble on the complaint of a mere stepdaughter. So Betsy called an ambulance. Mercifully, Hal was left behind, sunk in a drunken stupor.

"When I came back to consciousness, my jaw was wired shut and my wrist bandaged. Both were broken. The doctor told me that they had barely saved the baby I was carrying.

"After four days in the hospital I was discharged. In spite of Hal's pleas for forgiveness, I was afraid to go home with him. Instead I went to the Northwest Indiana Women's Bureau where we had sent abused women in my days as a volunteer civic worker.

"For several weeks Betsy and I stayed in a well-run shelter under the auspices of the Women's Bureau. My brother and parents were told my whereabouts—but Hal was not. Consequently I was able to relax and recuperate in body and in spirit—without fear. When I left the shelter I saw Hal again. He was frantic with remorse, and swore he'd lost all taste for alcohol. He begged me to give him another chance.

"It was plain that he was bitterly sorry. For a moment I hesitated, but then shook my head. That weekend Hal was arrested for drunken driving. He assaulted the arresting officer and escaped a long jail term only because my brother intervened.

"When our son was born last year—Billy is now eight months old—Hal and I were living apart, legally separated. He confronted me with another crisis. Hal adores our child. He argued for his rights as a father and declared that if I would resume our marriage, being a full-time father would keep him sober.

"He joined Alcoholics Anonymous, and I gave him permission to visit Billy every Saturday afternoon. We had some wonderful times, Hal, the baby and I. Slowly, my trust began to revive.

"But then he missed two Saturdays in a row. On the third Saturday, he came by, late at night. Fortunately, we had gone to spend the weekend with my parents. When Hal found no one home, he kicked the door down, crashed in and wrecked the apartment.

"Hal and I are now divorced. He still talks of an eventual reconciliation. We see each other fairly often—on the Saturdays he's sober. In some ways I still love Hal. There is no doubt, when he's sober, that he's devoted to our son.

"Sometimes I wonder whether I'm unjust and unwise to deprive a child of his father. But other times I know I'm too afraid to take a chance."

HAL'S TURN

"I've been a loser ever since I can remember," said 38-year-old Hal, a mountain-sized man with a blond mustache, unhappy blue eyes and huge hands with nails bitten to the quick.

"I've messed up my life but good. It happens all the time and it seems there's no way I can help myself," he continued, his voice sounding hoarse and defeated.

"I'm lonesome as hell most of the time nowadays, unless I'm in a tavern or lively restaurant or at work figuring out a tough project. Without a woman to love and to give me confidence—the woman I mean is Gini, the mother of my wonderful little son—I'm nothing. I'm just a nobody, bound to wind up in trouble, regardless of the best intentions.

"I joined Alcoholics Anonymous again and this time I swear to God I'll stay dry. But I need Gini's help in the worst way. I've got no guts, I mean it. Only Gini can provide the incentive I need to stay sober—a chance to be a live-in father and husband instead of a weekend visitor.

"I intend to see that my kid has it better than I did. I'm entitled to a crack at raising my own son, as Gini herself ought to admit. Billy means the world to me; he's a lucky kid that way.

"I was a disappointment to my parents at birth, both of them. I arrived on the scene several months too soon to please my mother, an unloving woman who was scared of her own shadow.

"I was born with the wrong temperament, the wrong talents, to please my father. He was a frustrated musician—from all accounts he was a pretty fair trumpet player in his day. He had his own band until he met my mother and gave up his music to support his family.

"He never stopped moaning about his stupid sacrifice. It was his favorite topic at meals. Often my mother would burst out crying and rush away from the table. He'd haul her back and slap her until she started eating again.

"He was drunk, of course. My father was a worse lush than me. It's no wonder I drink; I got the weakness from him.

"For reasons best known to himself, my father was determined to make a trumpet player out of me—in spite of my wishes to the contrary. I wanted to play basketball. I was good at it—my coach said I was the best slam-dunker in the history of our school. My father had no interest at all in my athletic ability. Neither he nor my mother ever saw me win a game, and I won plenty.

"Unfortunately for me, my father did take in quite a few of the team's practice sessions. Many a time he would get stinking drunk and charge in on us, red-faced and yelling, reeling. In front of my coach and teammates he'd drag me off the court and kick me all the way home to practice on the trumpet.

"I often wished I had the nerve to strangle him. But he was my father, after all, so I let him humiliate me in public and beat me black and blue. I never did learn to play the trumpet and I hated him until the day he died of a heart attack, complicated by the alcoholism.

"Even after his death, he made a loser out of me. My dream in life was to play professional basketball and I was qualified. My coach saw to it that I got an athletic scholarship to a college that specialized in turning out champions.

"My father died without leaving a penny of insurance. I had to give up my future to get a job to feed my mother and my younger brothers and sisters.

"I was twenty-five years old before I was free of the last of them—too old and out of condition for professional basketball but young enough to hit the bottle in a big way. I'm not proud of my hell-raising years. I don't like to think about the past, I'd rather think ahead to the future.

"I'm pushing forty. If I'm ever going to make sense out of my life, find happiness, I have to start now. Either I quit drinking or I'm a goner, I know that. My father dropped dead at thirty-nine.

"I haven't missed an A.A. meeting or touched a drop of alcohol in two months. I've been tempted, sure, but I resisted.

"I've held the same job for six months now. I'm earning enough to whittle down my debts and handle my share of our expenses—if Gini will wash out that divorce and take me back."

THE COUNSELOR'S TURN

"In recent years, battered women and children have begun to pour forth from their homes by the thousands. It's becoming more and more evident that

(continued on page 44)

U.S. GOVERNMENT REPORT: CARLTON LOWEST.

Carlton claim confirmed.

Many cigarettes are using national advertising to identify themselves as "low tar." Consumers, however, should find out just how low these brands are—or aren't. Based on U.S. Government Report:

14 Carltons, Box or Menthol, have less tar than one Vantage.

11 Carltons, Box or Menthol, have less tar than one Merit.

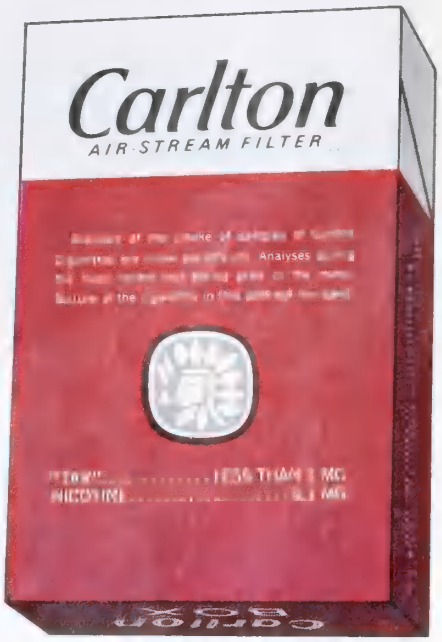
11 Carltons, Box or Menthol, have less tar than one Kent Golden Lights.

6 Carltons, Box or Menthol, have less tar than one True.

The tar and nicotine content per cigarette of selected brands was:

		tar mg.	nicotine mg.
Vantage		11	0.8
Merit		8	0.6
Kent Golden Lights		8	0.7
True		5	0.4
Carlton Soft Pack		1	0.1
Carlton Menthol	less than	1	0.1
Carlton Box	less than	0.5	0.05

This same report confirms of all brands, Carlton Box to be lowest with less than 0.5 mg. tar and 0.05 mg. nicotine.



LOWEST... Less than 1 mg. "tar," 0.1 mg. nicotine.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Box: Less than 0.5 mg. "tar", 0.05 mg. nicotine; Soft Pack and Menthol: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette. FTC Report May '78.

"I didn't trust o.b., then those layers



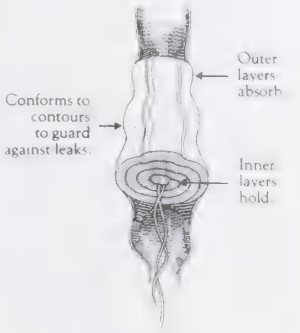
"I had my doubts about trying o.b. Would it absorb enough to keep me safe from stains and accidents? I was amazed when a friend showed me how o.b. works in a glass of water. Those layers really absorbed and expanded to fit. Even when the glass was turned upside down, o.b. protected. That's when I decided to try o.b. Now I feel safe, even on heavy days."



saw how
rotected against leaks."

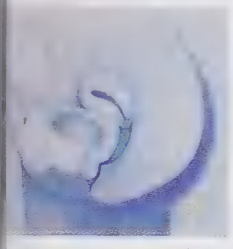
Layers and layers of protection.

A woman loses over half her menstrual flow the first 48 ours of her period. o.b. Tampons are rolled in a special ystem of layers to protect even on those first days. Outer bsorbing and inner holding layers work together to ab- orb fluid for hours. As o.b. absorbs, it gently expands to onform to your vaginal contours, snugly, comfortably. .b. fits so well, you can feel safe even on heavy days.



Simple and comfortable to insert.

The woman gynecologist who designed o.b. understood that the vagina is curved, while tampon inserters are straight. She developed a simple method of natural insertion, a way that lets your fingertip control the tampon, gently placing o.b. where it gives you the most protection. Clinical tests prove o.b. works better because it doesn't have an inserter. And o.b. is so comfortable, you'll almost forget you're wearing a tampon.



aginas curve, inserters don't.

Three sizes. One is right for you.

Age, heredity, physical stature, and childbirth all affect a woman's flow nd the size of her vaginal canal. Because flow varies among women, the voman gynecologist designed o.b. in three special absorbencies: Regular, Super, and for more protection than most women need, Super Plus. One s ideal for you.

Johnson & Johnson



Layers of protection by a woman gynecologist.

© J&J 1979

This month a special report on fathering



Geraldine Carro

Mothering

When he keeps the kids

When Dad's a single parent, he has a lot to learn—not only about his children's needs, but about his own as well.

- *At parties Chris Cory often ends up in a corner talking with—as he puts it—"the other mothers." The phrase, coming as it does from a tall, bearded man, isn't as strange as it sounds. Chris is, in a real sense, mother to his two children as well as father, and has been since his separation from his wife six years ago. And, like most of us mothers, Chris seeks out the women he knows to compare child-rearing notes. "I have a new respect," he says, "for what men disparagingly call 'women's talk.'"*
- *When Tom Meehan sees a woman struggling with two screaming children in the supermarket, he has an urge to commiserate. "I know what you're going through," he wants to say. "I know what it's like."*

The sentiment may sound surprising coming from a man who knows a more glamorous life. (Tom is the author of the Broadway hit musical *Annie* and author of the musical *I Remember Mama*, which opens this month.) But, in fact, Tom Meehan comes by his empathy legitimately. For nearly five years, while his wife was ill and hospitalized, he had sole care of his children. By day, he functioned as the children's mother. By night, he wrote.

What emerged during those late hours was *Annie*, a show he realizes in retrospect relates, symbolically at least, to his own family circumstances. In the play, the character Daddy Warbucks becomes both mother and father to Little Orphan Annie. He's a Super Daddy who's able to give her everything she wants.

One of the nice things about the stage, of course, is that things can happen there that can't happen in real life. In real life there are no Super Daddies, as there are no Super Mommies. Tom Meehan's years of functioning as a single parent taught him, he says, "that no one person can quite give a child everything." That period of single parenting, which ended recently when his wife was well enough to return home, also taught him more than most fathers ever learn about buying children's shoes and making peanut butter and jelly sandwiches. And more, too, about his capacities as a man to be loving and nurturing.

"I'd always loved my kids," says Tom. "But being a father used to mean buying my son a baseball mitt and my daughter the biggest doll I could find." Called upon to play a much expanded role, he was at first confused. Bathing and feeding his children, Kate, then three, and Joe, four and a half, felt like uncomfortably feminine tasks. Gradually they began to seem natural to him. In the process he and his children became very close. "It was," Tom says, "a very humanizing experience."

If Tom Meehan's and Chris Cory's experiences as parents are worth writing about, it's not simply that the two men have been unusually heroic. (After all, millions of women today are raising their children single-handedly.) They are of particular interest as part of a growing phenomenon: Father as full-time parent.

Today, almost a half million American men, mostly divorced fathers, are raising their children alone. These men are learning the meaning of parenthood in the sense we women have always understood it. Their experience sheds light, too, on our own experience as mothers.

What, in essence, are these men learning? They are learning to acquire what Boston psychologist Harry Keshet calls "parental consciousness." Keshet points out that most men, even the ones who do a lot of diaper changing, function as mother's helpers. They rarely assume executive responsibility that requires total awareness of a child's physical and emotional needs.

Acquiring "parental consciousness," explains Keshet, coauthor of a study on single fathers for Brandeis University, means learning to remember to make a doctor's appointment for a child, calling the babysitter, buying diapers—in short, taking responsibility for the thousands of practical tasks associated with child-rearing. It means learning to tune in to what a child needs on an emotional level, even when he or she can't explain what's wrong. It means being willing to rearrange one's priorities, to focus first on a child's needs rather than on one's own.

Keshet has found that most fathers feel overwhelmed by this awesome load of responsibilities at first. Then, little by little, they discover that they *can* get the kids ready for school in the morning, cook dinner, clean the house and call the babysitter. They are both surprised and pleased by their own newly discovered competence.

What came hardest to the men, however, was not coping with the everyday details, but responding to their children's emotional needs. They felt awkward showing the kind of affection their children craved, especially in the wake of their parents' separation. "I guess we men have never really been wired to express our emotions in the way that women have," is how one father expressed it.

Chris Cory says he became marvelously adept at juggling his domestic duties with his busy schedule as a magazine editor. But he remembers his sense of inadequacy the night his young son, David, broke into tears when it finally hit him that his mother wasn't coming back. "I felt so helpless," says Chris. "I didn't realize that just being sympathetic was doing something." Eventually Chris, like many of the men in Harry Keshet's study, did come to feel more comfortable dealing with the emotional life of a small child. "I learned what love is about," said one of Keshet's fathers.

Despite a gratifying sense of accomplishment, these men have few illusions about the difficulties of life as a single parent. It's hard, they report, to play a role that society still regards as a woman's. But mostly they echo complaints similar to those of working mothers. They talk of the pressures of coming home after a hard day at the office to cook dinner and do the laundry. They talk, too, about the limitations on their careers, of turning down a job promotion because it entails taking business trips.

All in all, though, single fathers seem proud of their abilities. Tom Meehan has come to believe, he says, "that fathers can be just as good parents as mothers." Yet he is all too aware of the problems of being a single parent. In a particularly poignant moment, his daughter, Kate, went to the heart of the matter. What she said to Tom later became Annie's most wrenching line: "The one thing I want more than anything else in the world is to have a father *and* a mother—I want to be like other kids."

MAILBOX

Have you ideas to share with us? Write Mothering, LHJ, 641 Lexington Ave., N.Y., N.Y. 10022.

Fisher-Price toys keep their promises.

They promise to keep their wheels and heads and handles. They promise to keep their edges smooth and their toots tooting, their tunes playing and their works working. From child to child. And often from generation to generation.

Our other promises are more complicated. To get a child curious—because a curious child learns more than you'd dream of. To keep them busy making that small contented racket playing farmer or disc jockey or General Director of the world. (Our toys let them make their own rules.) And most of all to be great fun.

It's old-fashioned to make toys this way. But that's what Fisher-Price Toys are all about. Because as every parent knows, a promise made to a child is more than a guarantee.

A promise is a promise.



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HOW CAN SEWING YOU HAVE TO SPEND SEWING MACHINE?



It can't.

However, an inexpensive machine that's hard to use won't save you money, either.

After all, if it's hard to use, you won't use it very often. And sewing can't save you money if you don't sew.

AT SINGER, WE BELIEVE A SEWING MACHINE SHOULD GIVE YOU THE EASIEST POSSIBLE SEWING AT THE LOWEST POSSIBLE PRICE.

We also believe Singer comes closer to this ideal than any other sewing machine maker.

For example, only Singer makes a machine with a front drop-in bobbin – easier to see and replace than the conventional kind-for less than $100.

And no matter how much you spend, you can't get features like our self-winding bobbin and our *Touch-Tronic** memory-anywhere but Singer. Yet Singer machines with these features actually cost less than some other machines without them.

HOW MUCH SEWING MACHINE WILL $180 BUY?

A whole lot. Our *Stylist** machine, for example. It has a free-arm for easier sewing in tight places like cuffs and pant legs. Plus special stitches for knits and stretch fabrics, built-in blind hemstitch so you'll never have to hem them by hand again, and a front drop-in bobbin.

In fact, our *Stylist* machine has every feature

SAVE YOU MONEY IF A FORTUNE ON A

a beginner is likely to need.

But if you're more advanced, you may need more machine.

OUR CREATIVE TOUCH FASHION* MACHINES COST UP TO $200 LESS THAN MACHINES THAT ACTUALLY DO LESS.

If you sew slip covers and heavy curtains, or if you create art works like tapestries and soft sculpture, you'll be interested in our *Creative Touch Fashion* machines.

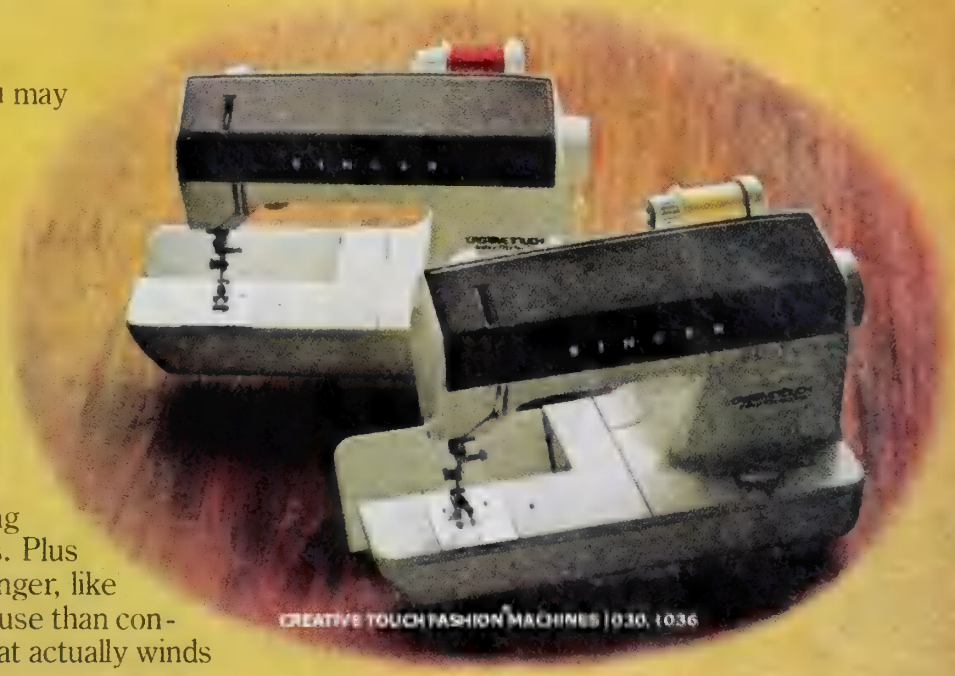
You get special stitches for sewing everything from lingerie to draperies. Plus other features you can only get at Singer, like our *Flip & Sew** free-arm (easier to use than conventional free-arms) and a bobbin that actually winds itself.

Creative Touch Fashion machines can even measure your button and make a buttonhole to fit, all in one step.

And you'll spend a lot less for one of them than you could spend for another machine that won't do as much for you.



TOUCH-TRONIC 2001, 2000 MEMORY MACHINES



CREATIVE TOUCH FASHION* MACHINES 1030, 1036

OUR TOUCH-TRONIC MEMORY MACHINES ARE INCREDIBLY EASY TO USE. YET THEY'RE NOT INCREDIBLY EXPENSIVE TO BUY.

Whether you're a beginner or a pro, you should consider one of these.

One touch of your finger gives you any of 25 different stitch patterns. No cams to change, no dials to set, no adjustments to make.

Our *Touch-Tronic* 2001 memory machine even flashes a light when its bobbin is about to run out of thread. It helps you thread the needle, too.

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IF ALL THIS IS MAKING YOU LIKE YOUR PRESENT MACHINE LESS, TRADE IT IN ON ONE OF OURS.

You'll save even more. We'll take your old machine and allow you money off on a new one.

We've got machines to fit every need and every budget. We've told you about a few of them. Now come to Singer and see the rest.

At Singer, we believe a sewing machine is to save you a fortune, not cost you one.

100 MILLION PEOPLE SEW EASIER WITH SINGER.

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NEW DORAL II

Now only 5 mg tar. No other cigarette with this little tar...



...has this much taste.



ONLY 5 MG TAR

Get what you never had before: Satisfaction with ultra-low tar.

Warning The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

The New Volunteer

Getting Ahead While You Give to Others.

By Mary Scott Welch



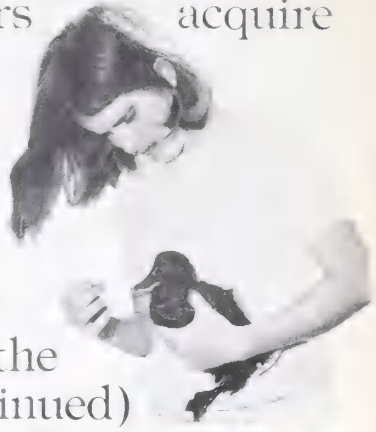
She's ambitious, determined and now she's even confident. She's helping the world and learning to help herself. Here's what you need to know about making volunteering work for you... "Sometimes I can't believe this has happened," says Lois R., leaning back in her leather chair, a view of Manhattan's spires serving as the backdrop to her spacious office. "After all, I was just a volunteer."



Three years ago Lois worked for free, staging a flea market festival for her local library, managing an art mobile that carried museum exhibits out into the suburbs. Two years ago she made the switch to paid work—as fund-raiser for a college—but at minimal salary. Today she's in charge of an advertising agency's biggest accounts, and she can't believe her pay. As she keeps saying, "I was just a volunteer."



Like most of us, Lois underestimated the training, experience and self-confidence that volunteers acquire when serving their communities. But the phrase, "just a volunteer," may soon disappear from the language. (continued)



Photographs, clockwise: Robt. W. Barclay Studios/FPG; Peter L. Gould/FPG; Carson Baldwin, Jr./FPG; Chas. Schneider/FPG.



teer force. But surprise . . . the largest proportion of volunteers also hold full-time jobs.

In Peoria, Illinois, Margaret Sutherland puts in a full workweek as the paid project director of the Retired Senior Volunteer Program (RSVP); on the weekend she volunteers at Wildlife Prairie, a new natural park being developed on land reclaimed from strip mining. . . . In Los Angeles, Dina Beaumont has a demanding career as International Vice President (District 11) of her union, the Communications Workers of America, but she puts in at least ten hours a week on volunteer activities, including a local effort to solve the city's court congestion problem. . . . In Fort Worth, Texas, Alann Sampson's salaried job is at the community affairs office of the First National Bank; her extensive volunteer commitments include chairing the foundation that sponsors the Van Cliburn International Piano Competition, held in Fort Worth every four years . . . When management consultant Dr. Lucille A. Maddalena locks up her office in Chester, New Jersey, it's to volunteer as part of the crew on *Clearwater*, the replica of an old cargo sloop that sails the Hudson River and the waters of Long Island Sound, teaching thousands of children each year about the environment. She's also program chairman for her chapter of the American Association of University Women.

For working people all over America, closing the office or factory door each day means that they're free to work for free, opening new doors for retarded children, teenage mothers, the elderly, their neighbors—whoever needs them.

According to Winifred L. Brown, administrator-director of the Mayor's Voluntary Action Center in New York City, fully 70 percent of the women and men who seek volunteer jobs are in the labor market. "Some may be living on unemployment insurance," she says, "using volunteer work to keep their spirits up and widen their contacts as they *(continued)*

The New Volunteer

continued

For a fresh breeze is blowing through the volunteer world, clearing the air of old-fashioned attitudes, outdated methods. It rises straight out of women's heightened self-image, our better sense of who we are and what we can accomplish. When the dust settles, volunteer jobs will be more exciting, more personally rewarding than ever before. And the whole nation will sit up and take notice, at long last valuing not only the estimated 68 billion dollars worth of services that volunteers provide every year but also the professional experience that the individual volunteer gains through unpaid work.

That's the hopeful prediction I bring back from a four-month survey of the volunteer scene. The *Journal* asked me to find out what's happening to volunteers now that 43 million women are working for pay. Were they abandoning the hospitals, the settlement houses, the museums and the community centers that had for so long relied on their free labor to keep going? After talking to volunteers and to professionals all over the country, I can report that the answer is a definite *no*. Rita Lambek, director of the volunteer bureau of the Federation of Protestant Welfare, a non-sectarian placement agency in New York City, expressed the consensus when she said, "We're experiencing a real resurgence of volunteerism."

But here and there pockets of what we might call mythology persist, holding volunteerism back.

MYTH #1: *Most volunteers are housewives, otherwise unemployed.* Yes, homemakers are still a large part of the volun-





Curls are back and Toni's got 'em.



And you can get 'em any way you want 'em.



Boop-be-doop curls! Or really loose curls!



©Gillette 1978

Or all body-no curl at all!



Toni Silkwave is here with Total Conditioning!

With a Toni Silkwave, whether you choose big curls or bitty curls, they're gonna be silk curls. Soft, smooth, conditioned silk curls – right down to the ends. And with a Toni Silkwave, your set will hold from shampoo to shampoo. Or don't set it at all! Just "wash and wear" it! Beautiful!

The New Volunteer

continued

look for new jobs. But most have regular, full-time jobs."

In some corporations, they may work on their chosen volunteer assignment partly on company time, getting paid as usual while off at the playground or the drug-counseling center. Recognizing that employee volunteers are good for their image in the community, many businesses now appoint or hire volunteer coordinators who help employees find such assignments. Some lend their executives to charities for as long as eight to ten weeks, full-time, full pay. United Way of America, particularly, has benefited from this arrangement.

Alternatively, the company may develop a project of its own, which employees join as they wish. In Portland, Oregon, the U.S. National Bank of Oregon sponsors Homebound Opportunities for Programming Education (Project Hope). The bank's employee volunteers teach cerebral palsy victims, in their homes, how to program computers. After completing the program, the trainees can work for local companies on a contractual basis.

Homemakers, however, are still essential to volunteer corps. They're the backbone of religious sisterhoods, sodalities and women's auxiliaries; they're the force behind local United Fund and Red Cross drives. Their service is especially important where daytime work is needed. Take, for example, the Denver Art Museum. Most of its 800 volunteers are married women whose hours at the museum can be juggled to fit in with their busy domestic and community service schedules. After training for their particular assignments, volunteers work on everything from guiding tours to raising money. Their volunteer president, Molly Kay Singer, spends three days a week at the museum, but she, too, is a "housewife, otherwise unemployed."

MYTH #2: *Volunteers work in hospitals, mainly holding patients' hands.*

If your image of the volunteer begins and ends with the "Gray Lady," you haven't kept up with the true range and variety of volunteer activity in this country. Contemporary volunteers meet every imaginable challenge, from A to Z. Literally from A . . . as in Adopt-a-Tree, the name of a program in the Murray Hill section of Manhattan, where 450 trees, struggling to grow out of concrete sidewalks, are watered, ivy-ringed and watched over by volunteers . . . to Z, as in Zapping an oil refinery that threatened the New England coast. In Durham, New Hampshire, Nancy Sandberg and other *(continued)*

HOW TO GET A JOB THROUGH VOLUNTEER WORK

Volunteer work can prepare you for paid work in very basic ways—building your self-confidence, expanding your skills, giving you practical experience in everything from motivating other people to keeping books—but specific knowledge will impress a potential employer more. Here's how to map out a volunteer program that will give you direct experience in the kind of work you want, and a pertinent "success story" for your résumé. This system has worked for countless women—including Janice La Rouche, now a nationally known career counselor who recommends it to her clients.

1) Decide what kind of a paying job you want, in what field. If you don't already know what you can or want to do, look into the Volunteer Career Development program (VCD) originated by the Association of Junior Leagues. VCD leads participants through increasingly challenging experiences to help them identify their abilities, determine their goals and develop action plans to reach them. For information, call your local Junior League, or write the national headquarters at 825 Third Avenue, New York, N.Y. 10022.

2) Compare the requisites of the job you want with your present qualifications, then look for volunteer work that will help fill in the blanks. What specific skills do you lack? Experience with budgets? Long-range planning? Handling groups? Speaking? Writing? If you volunteer with a clear statement of your skills and goals, not just a vague offer to "help out," a local Voluntary Action Center can match you up with an assignment that meets your needs.

3) Interview several volunteer groups before signing on. This is a switch from *being* interviewed. Ask: May you have a written job description of whatever assignment you accept? Will you be able to work up through the organization? What training, supervision and evaluation can you count on? Is there a policy against putting volunteers on the payroll if openings occur? (Oftentimes the latter is the most direct route to a paying job.) Check into their national reputation: the National Information Bureau's free booklet, "Wise Giving Guide," rates nonprofit organizations. Write: 419 Park Avenue South, New York, N.Y. 10016. Or, if it's a local group, check out its board members.

4) Once you've chosen the organization, try to: a) work for someone whose job you can later fill, or b) develop your own project, one in which you'll get start-to-finish credit. You want your ultimate résumé to state precise accomplishment, using business terms, such as: "handled entire financial operations for school fair that netted 90 percent of the $16,480 gross."

5) Commit yourself to your volunteer job as earnestly as though it were a paid one—that is, work regular hours, preferably at least 15-20 hours a week; show consistency for a minimum of six months.

6) Document your work as you go, collecting anything that attests to your competence: awards, copies of speeches, reports, newspaper write-ups. When you're praised, don't be too proud to ask for it in writing.

The National Council of Jewish Women has produced a 28-page "Personal Career Portfolio," with sample forms for recording experience derived from volunteer work. (Send $1 to the Council at 15 E. 26th St., New York, N.Y. 10010.) Also a book called "I Can—a Tool for Assessing Skills Acquired Through Volunteer Service," developed by the Council of National Organizations for Adult Education, has a valuable section on documentation. (Available from Ramco Printing, 228 East 45th Street, New York, N.Y. 10017; $4.75 or ask about bulk rates.)

7) To prepare for that ubiquitous question of the job interview, "What was your last salary?" estimate the dollar value of your volunteer services. Here is a guideline: Dr. Judith Hybels, at the Center for Research on Women at Wellesley College, Wellesley, Massachusetts, assigned hourly market values according to the type of work volunteers performed, from $10 an hour for leaders and managers down to $3.50 for clerical workers. Such figures are low and, as you might humorously point out to a job interviewer, volunteers are underpaid, but your cause will be helped if you can say, "I was earning at the rate of $15,000 a year," or "A paid person with my responsibilities would earn $20,000."

8) Keep track of the contacts you make in the course of your volunteer work. Don't be afraid to ask them for leads and help in your job hunt.

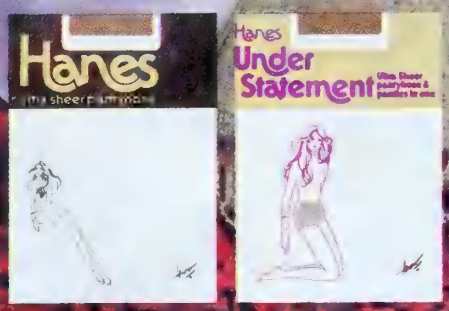
9) Once you've landed that job you set your sights on, keep up with your volunteer work as well. It will give you greater visibility in your community and company, it might very well offer personal challenges not found in many paying jobs, and—not least—it will provide the chance to do "good" for your cause, just as your cause helped your job hunt.

Gentlemen prefer Hanes

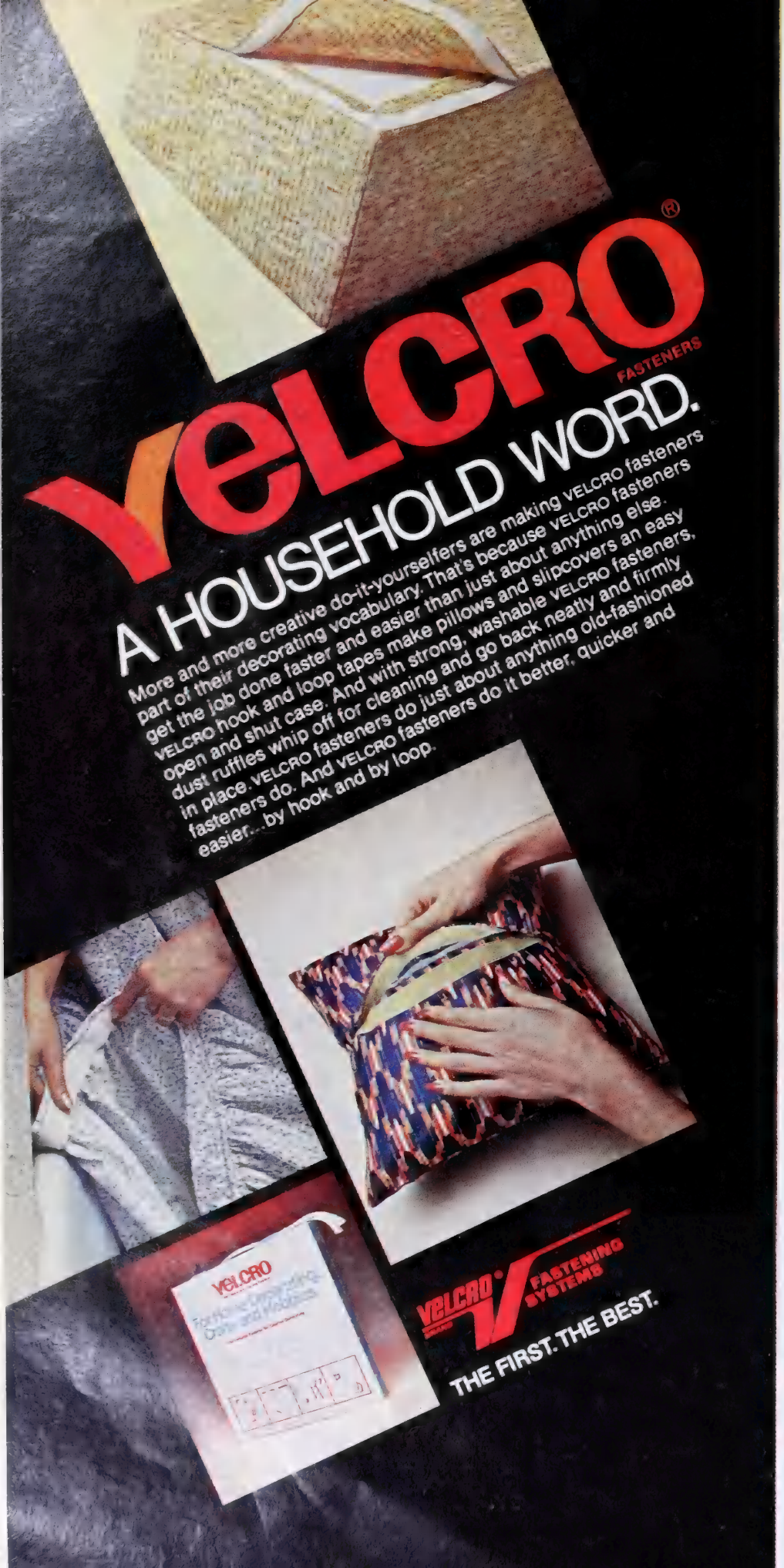
For sheer elegance, sheer fashion, or the sheer pleasure of it all, nothing dresses up a pair of legs like Hanes® Ultra Sheer pantyhose.

And for sheer convenience, nothing looks or feels as good as Hanes Understatement®. Understatement is a pair of Ultra Sheer pantyhose knit into their own comfortable panties for the fashionable no-lines look.

Both are sensuously smooth, luxuriously silky, unmistakably Hanes.



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The New Volunteer

continued

conservationists organized a prot group called Save Our Shores. Af two years of their concerted effort—le bying, testifying, circulating petitio and sticking together despite a millio dollar campaign to change their min —a $600 million refinery was zapp before it left the drawing board.

In some cases, volunteers work wi in large organizations—Common Cau the citizens' action lobby, for examp has a network of some 30,000 volu teers; Planned Parenthood, 20,00 Girl Scouts of the USA, 573,000—l oftentimes the project is originated one individual, a woman who rallies l neighbors to solve a local problem, man who decides to "fight City Hall."

Mary Hardy, who has spent some to 40 hours a week on volunteer wo for the past 11 years, is one such dividual. Working out of her home Piedmont, California, she recently e tablished the Media Committee, a gro that makes public service television co mercials for nonprofit organizations. T Committee's first "spot" was on beh of special education, and offered a he line number for parents who have ch dren with learning disabilities.

And just one man, police officer Pa Buckholz from Arlington Heights, Il nois, was the "seed" for Shelter, Inc., temporary, emergency foster home pr gram for abused and neglected childre Shelter has round-the-clock voluntee who put in over 22,000 hours last ye but this service so vital to stranded ch dren started with one man, one idea.

Not even counted

Sometimes the volunteer activity is unusual, so individual, that it never eve gets "counted" as such. In Portlan Oregon, right now, more than 200 wor en are gathering after office hours plan a conference for managerial an professional women. The conferenc aimed at helping women get ahead, w include three days of workshops an seminars. The volunteers will do ever thing from arranging the meeting pla to publishing the proceedings.

When the Census Bureau attempte a count of volunteers in 1974, comin up with the figure of 37 million, or on in four Americans over the age of 13, completely missed people like the wom en in Oregon. Because so many volu teer without going through form agencies, Dr. Harold Wolozin, a Un versity of Massachusetts professor wh has studied volunteering, believes th number of volunteers is more like 7 million, one in two Americans.

(continued on page 16)

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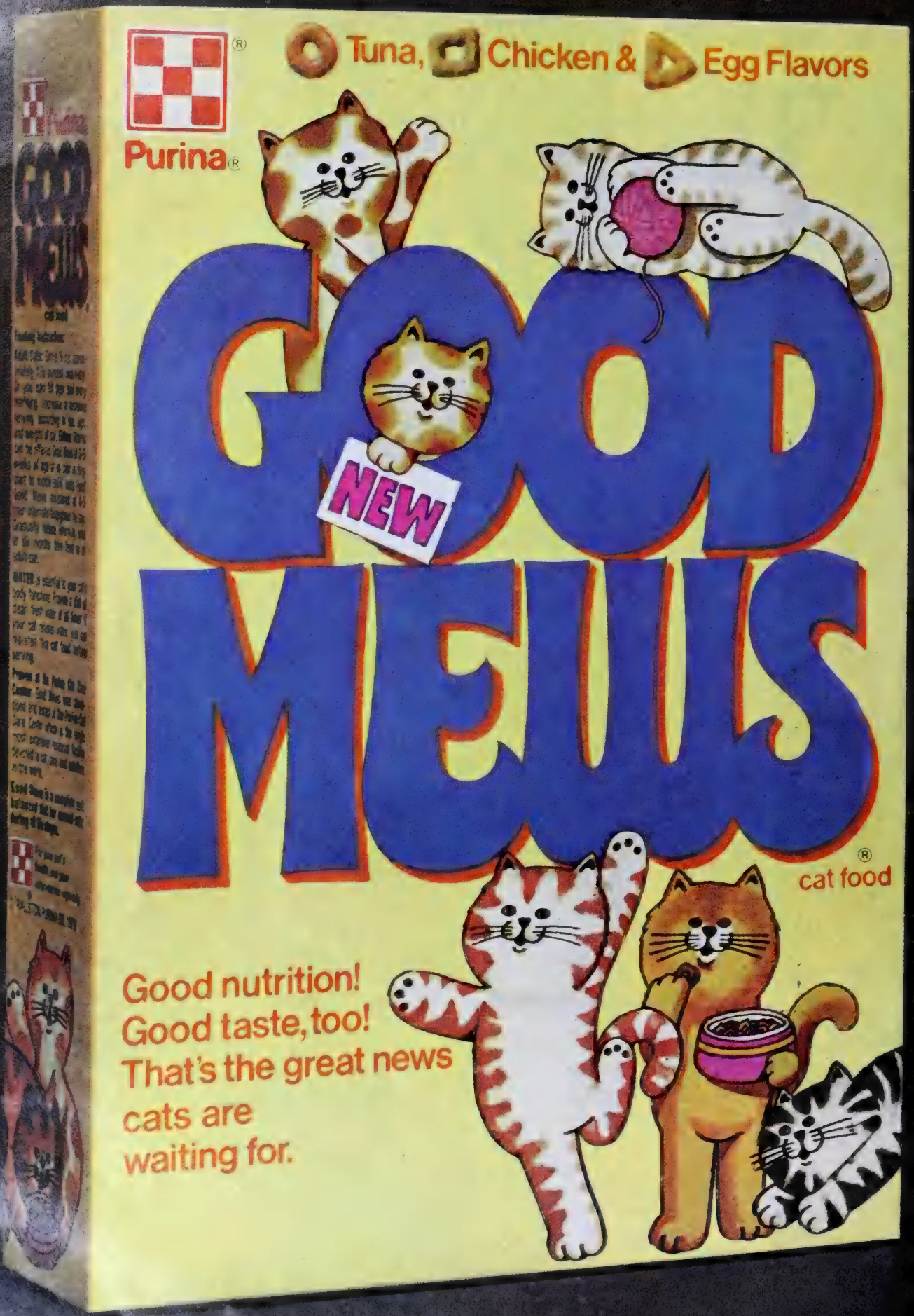
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That's the great news
cats are
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Three Great Flavors! What makes Good Mews so good-tasting? Most likely it's the unique Good Mews recipe. Good Mews contains three tempting flavors cats love — tuna, chicken and egg. Each flavor comes in its own separate bite size piece and cat-pleasing shape.

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For your cat's health... see your veterinarian regularly.

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Spending Your Money

Sylvia Porter

Important new tax savings—for *this* year's income tax: capital gains, child care, house sales and more.

New rules on capital gains

Under the 1978 act, you will now pay tax on only 40 percent instead of 50 percent of your long-term capital gains. Thus, if you sell any capital asset (stocks, bonds, land, diamonds, jewelry, etc.), which you owned for more than one year, you will be taxed on only 40 percent of the profit. This new rule applies to all sales made after October 31, 1978.

Specifically and simply: Say you have held some stocks that have skyrocketed from $2,500 to $20,000. While you have a profit of $17,500, all that you include in income is $7,000 (40 percent of $17,500). If your *1979* top bracket after including the $7,000 is about 32 percent, your tax will be about $2,240. To put it another way, your long-term capital gains are taxed at only 40 percent of your top bracket. If your tax bracket is 25 percent, 35 percent, 55 percent, etc., you pay only 10 percent, 14 percent or 22 percent respectively on the gross amount of long-term capital gains—a powerful incentive to try for such gains. If you had realized the same income as fully taxable income, your tax would be more than 2½ times as much.

Also, in 1979, there will be no more 15 percent minimum tax on capital gains, which could have caused an added tax for individuals with long-term capital gains of over $20,000 under the former law. There will be an alternative-minimum tax on long-term capital gains, which most of you can forget.

Tax credit for child care

You may be entitled to a tax credit for at least part of the cost of household help for child care of dependent children under age 15. If both husband and wife work, you must file a joint return, but you both need not work full-time. You can get the credit even if one of you works part-time or is a full-time student. And the credit is not just for couples. If you're a divorced or separated parent, you can take the credit if you have custody of a child under 15 (even if you're not entitled to a dependency deduction for the child). The parent claiming the credit must have custody for a longer period than the other parent, and the child must have been in the custody of one or both parents for more than half the year.

If you have one child under 15, you can take a credit equal to 20 percent of the first $2,000 you spend on the child. (A maximum of $400.) If you have two or more children under 15, you can take a credit that is 20 percent of the first $4,000 you spend on them (a maximum of $800). There is an additional limitation on the size of the credit that might affect some of you. The credit cannot exceed 20 percent of the earned income of the spouse with smaller earned income. If one of you works part-time and only earns $1,500, your child care credit is restricted to $300. This can deprive the couple of the credit if one spouse doesn't earn any income for the year.

There are some special exemptions. The law gives a break to couples where one spouse has no earned income because he or she is a full-time student or incapable of self-care. That spouse is treated as earning $166 for each month ($333 for two or more children) during which he or she is either a full-time student or incapable of self-care. These couples can be eligible for almost a full credit. Another point is that the amount of credit is computed on an annual basis. So you can get maximum credit even if all expenses are incurred during only part of the year.

Say your child turned 15 in June 1978. This means that whatever you spent on your child from June on cannot go toward figuring the credit. But if by June, you had spent $2,000 for employment related expenses, you can take the maximum credit of $400, since you spent the $2,000 on him (or her) before he turned 15.

The expenses that qualify for this credit fall into two general categories: (1) Household expenses covering the operation of your home that provide benefit to your child. The full cost for the services of a cook, housekeeper, etc., who look after your child will qualify, but not money spent for a chauffeur or a gardener; and (2) The direct expenses for your child's care. You can include money you pay to a relative for taking care of your child—but the relative can't be your dependent and what you pay the relative is subject to Social Security tax.

Important new tax credits for money spent on energy conservation

You can take a one-shot credit against your income tax for insulation and other energy-saving expenditures, effective for expenditures made *after April 1977*. The credit on expenditures after April 19, 1977 and *up to December 31, 1978 are to be claimed on your 1978 return*. But any remaining unused energy tax credits can be used in 1979. The credit for residential insulation, etc., is 15 percent on the first $2,000 of your expenditures. If you haven't used up the full credit, you can do so in 1979. Say you paid $600 in July, 1977 to have storm windows installed. This entitles you to a $90 energy tax credit (15% of $600), which you will take on your 1978 tax return that you are preparing now. This $90 will directly reduce your 1978 income tax by $90.

(continued on page 188)

THE FOUR-SIDED FUNNEL, THE ONE-HANDED SIFTER, AND OTHER THOUGHTS FOR FOOD FROM RUBBERMAID.

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to save space.



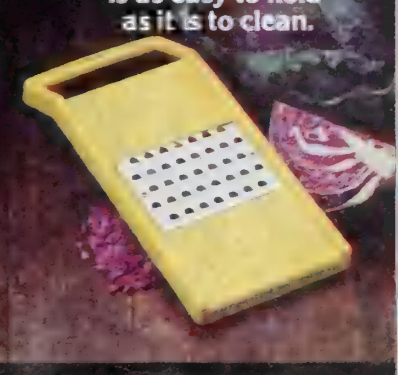
Our Colander is slotted
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Canisters
for flour
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Shredder
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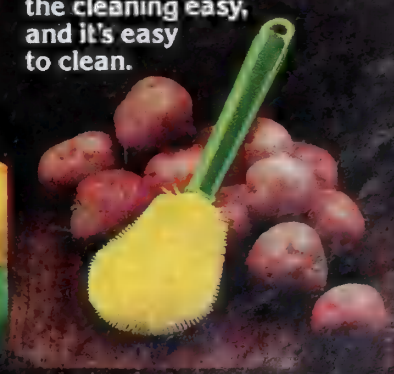
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ndles, pouring spouts,
d non-skid bottoms.



Our Juicer/Measuring Bowl
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the cleaning easy,
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Stacking Pitchers save
space in the fridge.



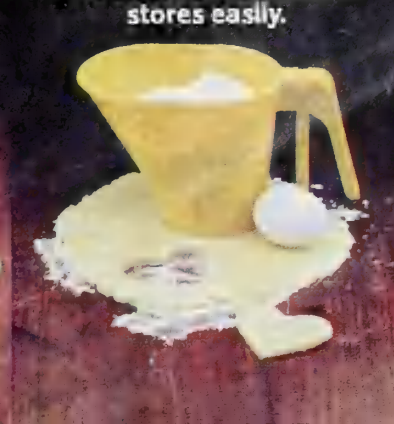
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Crisper Mats for keeping
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stores easily.



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"My legs are my fortune so I can't afford wrinkles around my ankles."

Juliet Prowse



"That's why I wear L'eggs® Regular pantyhose. As a dancer, fit is important to me.

Whether I kick high, or bend low, I know L'eggs will hug and hold my shape, stay looking great.

L'eggs® Regular pantyhose has Memory Yarn™... to stretch out and back to give my legs, your legs, a perfect fit every time."

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DeKuyper goes wild!

With the richest, ripest burst of natural flavor ever.

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DeKuyper Wild Strawberry makes DeLicious sours, DeLightful daiquiris, DeLectable alexanders. And it tastes great straight. Wild Strawberry...just one of over 35 wild and wonderful DeKuyper flavors.



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Can This Marriage Be Saved?

continued from page 20

family violence cuts across every social and economic class. Genevieve's and Hal's plight closely resembled that of others in the same, sad position.

"Hal was a confirmed, self-acknowledged alcoholic. And, according to statistics, alcoholism and drugs are involved in at least fifty percent of wife beating cases. Also, Hal was the son of a violent, alcoholic father who mercilessly beat both his wife and his son. Abusive fathers are likely to produce offspring who grow up and abuse their families.

"Like many abusive husbands, Hal assaulted his wife while she was pregnant. It's possible that this is a sign of subconscious jealousy. Surely it's a tip-off of emotional insecurity.

"Hal *was* emotionally insecure to an extreme degree—unstable, restless, jealous of the people close to him. And jealous people are likely to strike out without thought at their loved ones.

"Genevieve was not a typical example of the average battered wife. She is capable, competent, independent-minded. It is significant, however, that she seems to be attracted to hard-drinking men. Her first husband, it developed in counseling, repeatedly lost jobs because of absenteeism resulting from drinking too much. The hero of Genevieve's childhood was an alcoholic uncle who occupied a basement room in her home as she was growing up. Her beloved Uncle Clyde was often involved in street fights and finally died in a drunken brawl.

"According to the latest word, Genevieve and Hal are now sharing her apartment and are reconciled—in a sense. At Genevieve's request, their divorce decree remains in force as a precautionary measure. As long as they aren't married, she can compel Hal to move out at any time, with police authority to back her.

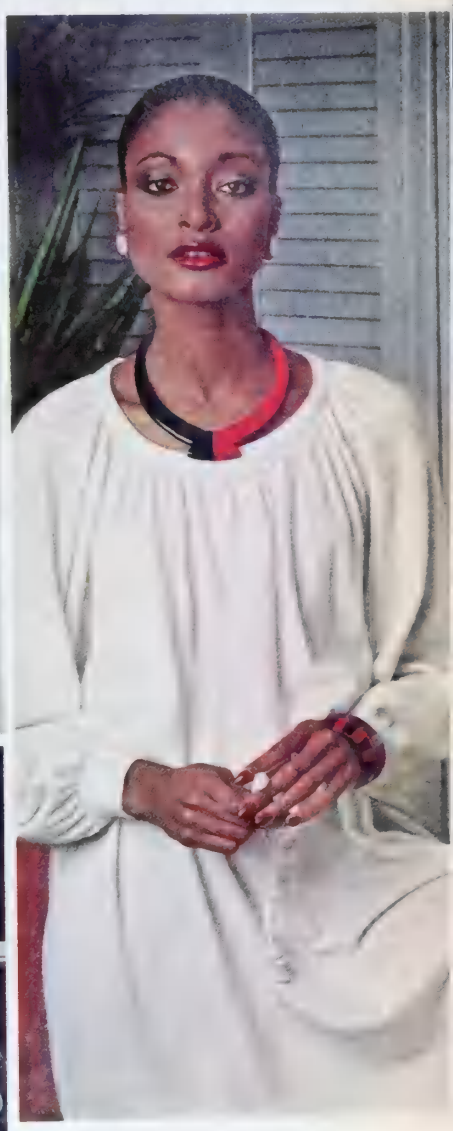
"Hal still faithfully attends his A.A. meetings; Genevieve is now an enthusiastic member of Al-Anon, a group consisting of close relatives and friends of alcoholics. She finds it particularly valuable to exchange confidences with other wives battered by drunken husbands. She says she gets a spiritual lift from the knowledge that what happened to her is neither unique nor shameful.

"The two have now stayed together in harmony for six months. Hal spent one of those months in a state-operated sanitarium, an open-door establishment, undergoing extensive therapy for alcoholism. Both he and Genevieve consider the fact that he voluntarily stuck to the course—in the past he walked out after only a short time—a good sign. Genevieve now has high hopes for Hal's future and an eventual remarriage." **End**

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Cachet is different on every woman who wears it. You see, the moment it touches your body, Cachet blends with your own special chemistry. And suddenly, it's you. Other women may wear Cachet, but you make it yours alone.

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CACHET

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'Imagine! Taste this great plus low tar.'

"For me, finding another cigarette with just the right taste wasn't easy. Finding a low-tar cigarette with the taste I go for was even harder.

"But I found it. In Vantage 100's.

"With Vantage 100's, I get the great taste I like. I also get low tar and the graceful style of a 100.

"And imagine—Vantage provides satisfaction like my old high-tar brand."

Gail Henkin
Dallas, Texas



FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Vantage 100's

Also available in King-Size: Regular and Menthol.

Ralph Nader Reports

Ask Me Anything

"My car's a problem. What can I do?" "Is there help for sky-high heating bills?" "How can I fight inflation?" These are some of the questions people ask America's consumer crusader—and here are his answers.

My heating and electric bills are sky high. What can I do? Start by figuring out how to cut down on waste. Homeowners who have done so have cut their energy consumption by as much as 50 percent or more, saving money in the process, of course. You might also want to join a local consumer group that is pushing for fair rates and more efficient utility practices. For free, useful materials on reducing energy use in your home, write to the Department of Energy, Room 8F044, Washington, D.C. 20585.

Do businesses take advantage of women more often than of men? In some cases, I would say yes. Many unscrupulous garage mechanics, for example, assume that women don't know anything about car repairs and view a woman customer as a "soft touch." Increasingly, women who feel at the mercy of auto mechanics are participating in car clinics or reading books written for women drivers by women. If you can show the mechanic how knowledgeable you are, you'll be less likely to encounter facile flimflam.

My car's a problem. What can I do? Your first step is to talk to your dealer. If he or she resists doing anything about the problem, your next step is to write to the president of the auto company. Be sure to send copies of the letter to your senators and representative and any local consumer fraud agency. At this point, you might ask for a personal appointment with the manager of the dealership.

If you suspect a safety defect, send a complaint to the National Highway Traffic Safety Administration, Washington, D.C. 20590. This agency has promised to ask relevant auto manufacturers to comment on every safety complaint and its resolution. You might also consider filing a claim in the small claims court in your community. Showing the dealer and the manufacturer how determined you are, and what steps you've taken, usually helps. For more details, send $2.00 to the Center for Auto Safety, 1223 Dupont Circle Building, Washington, D.C. 20036 for a copy of the paperback *What to Do with Your Bad Car: An Action Manual for Lemon Owners.*

What can I do to fight inflation? First, as an involved citizen, you can support government policies that are anti-inflationary. Programs to back include the ones that promote competition, protect consumers and taxpayers from fraud, and advance consumer self-help efforts. Second, you can study ways of becoming a wiser shopper.

To aid you in fighting inflation individually and in the community, the White House has issued a 16-page pamphlet entitled "A Consumer's Shopping List of Inflation Fighting Ideas." The pamphlet covers the major areas of consumer spending—energy, food, housing, health and credit—and gives information about ways to support anti-inflation programs. Write to: Consumer Information Center, Dept. 625G, Pueblo, Colorado 81009.

What kind of car do you drive? I don't own a car. Having one specific car might seem to be a personal endorsement, and I don't wish to give any particular car that much approval. I sense that the underlying question is, which car is safest? The answer, based on crash studies, is that a four-door sedan, with full center posts (along with the use of shoulder harness and lap belt), gives you the greatest chance of survival in an accident.

Why did you become a consumer crusader? I had a lucky choice of parents.

Will air bags in cars really work as effective safety devices? They're already working. About 12,000 cars with air bags, built between 1972 and 1976, have traveled almost 750 million miles. The air bags have worked exceedingly well in crashes, saving lives and preventing injuries.

Air bags do not get in your way until you need them. They do save lives. And their use, with time, will reduce the rate at which your insurance premiums go up. Within a year, air bags should be available again in certain car models and perhaps become standard equipment later. For an informative pamphlet on the subject, write to the National Highway Traffic Safety Administration, Washington, D.C. 20590.

Is there really an energy shortage? No. For the long run (about four billion years) we have plenty of solar energy. For the short run (the next half-century), while we convert to solar, we can use conventional energy. We must make every effort to do this conservatively (we now waste half of our energy) and efficiently, with careful pollution control. As we draw on oil, gas and coal reserves, we must make the development of solar energy a national priority.

Who elected you to look out for us, anyway? The U.S. Constitution elects us all, as free citizens in a democracy, to try to improve our society and help one another. Our forebears handed us the good things that we have in this country and, similarly, we should try to help future generations.

Do you have a consumer issue or problem you'd like to see covered in Ralph Nader's column? Write to him, c/o Ladies' Home Journal, 641 Lexington Avenue, New York, N.Y. 10022. **End**

HEADLINER

BARRY

Barry Manilow is homely, not rugged. He can't really sing. So why do women adore him? How did he become a show business legend? By Stephen E. Rubin

There's a golden-haired string bean from Brooklyn who might, in the vernacular of his hometown, affectionately be called a shnook. He's not handsome (some would say ugly), he's not sexy (some would say androgynous-looking) and his singing voice is not mellifluous (some would say it's not a voice at all, but a croak). No matter. When Barry Manilow comes bounding out onstage in outrageous costumes reminiscent of Liberace's, Brooklyn can cheer because its boy, 32, boldly leaps the yawning chasm between sad sack and superstar.

Even more surprising is that he started behind the scenes and only became a performer by a fluke. Barry is a musical jack-of-all-trades—an arranger, conductor, writer, singer, pianist, producer. Everybody thinks he wrote the famous McDonald's jingle ("You deserve a break today")—he didn't, he only sings it. But he did write the Bowlene Toilet Cleaner, State Farm Insurance, Chevrolet and Band-Aid commercials, and arranged materials, masterminded the stage act and co-produced the albums of a certain "Divine Miss M." No one will ever know for sure how much of it was Bette Midler, but together their chemistry produced flamboyant, extraordinary music, and it was surely from Bette that Barry learned what torrential energy and shameless gall really mean.

In 1973, for lack of anything better to do, he claims, Barry invested $5,000 of his own money into making a demo record. It earned him a recording contract and, two years later, "Mandy" was released, his first hit single. There followed a succession of runaway singles—"I Write the Songs," "Looks Like We Made It" and "Copacabana," to say nothing of seven solid platinum albums and a television contract with ABC.

The eye of this hurricane rejoices that he is commercially one of the most superior of superstars in pop and—more important to Barry—that what he considers his unique personal message is coming across loud and clear. Barry knows of his reception because of the unusual mail he receives.

"You *cannot* believe the letters," he avows, his voice going squeaky. "I cry over most of them, *honestly*. One girl wrote me about her mother dying of leukemia and that the only time she reacted was when my voice came on the radio. *(continued)*





"I'm sorta in awe of what has happened to me," says Manilow (far left), the street kid from Brooklyn turned superstar. "As a kid I was ugly," says Barry, although the photographs (top) aged nine, and (left) aged three, would belie that. "I didn't have a lot of friends. I wasn't Mr. Popularity."

Color photograph by Jay Thompson.

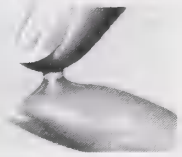


YOUR EYES

ARE MISCONCEPTIONS KEEPING THEM FROM A BEAUTIFUL FREEDOM?

Forget what you think you know about contact lenses. Bausch & Lomb SOFLENS* (polymacon) Contact Lenses really are different from older hard contacts. Being very, very soft, they can usually be worn without discomfort right away. In fact, they're so soft that,

Try this easy demonstration:



Now we don't claim to be as soft as water itself, but just gently touch the surface of a drop of water. Without feeling the incredible softness of the real thing, that's as close as you can get to experiencing the beautiful freedom of Bausch & Lomb SOFLENS Contact Lenses.

believe it or not, many people describe their first experience with our lenses as "cool" and "comfortable." Sometimes people can't even tell when they're in. Now that's soft!

And now we've got almost care-free care! With our specially designed care products, keeping your lenses clean and clear takes you only a few minutes a day. Almost as easy as brushing your teeth.

And lens loss isn't a big problem anymore. Bausch & Lomb SOFLENS Contact Lenses are so soft that they actually curve to the surface of the natural moisture in your eye. Which means they stay in better.

Now the record should be straight. But your eyes are very important, so ask the person who knows...the eye care professional who examines your eyes. (You do go every year, don't you?)

Ask about Bausch & Lomb SOFLENS Contact Lenses. Your eyes could learn a beautiful lesson.

Experience the beautiful freedom.

BAUSCH & LOMB
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Contact Lenses

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BARRY

continued

"I don't know how this is happening, because why would anybody think I'm a nice guy just by listening to my albums?" Barry asks, further pondering the depths of his acceptance by an audience that knows no age, sex or socio-economic limitations. "When I listen to Frank Sinatra, I don't know what kind of person he is. I think Sinatra's a good interpreter and singer, but I wouldn't write to him and say you changed my life, you helped me get through the day, you saved me from suicide."

Barry's remarkable success and his own breathless astonishment and endearing manner of deriding himself rescue this particular Brooklyn fairy tale from becoming maudlin. And Barry knows it. Ask him whether he emits sexuality on stage and he grins, "Not on purpose I don't." He also scoffs at his considerable flair for playing pop-singing superstar. "I'm in this ridiculous stratosphere," he mock boasts with the ingenuous bravado of a smart street kid. "I'm playing with Monopoly money." And winning—shmookdom be damned.

In line with the well-heeled potentates of pop who make mini-fortunes every time they show their faces in public, Barry has established himself as a two-coast person. He owns a co-op in New York, with a terrace that takes in a panorama of the city worth the expensive price tag of a famed, old guard apartment building, and he recently purchased the *de rigueur* Bel Air house ("for tax reasons") with "this ridiculous view of mountains and canyons."

Barry talks like he comes from Brooklyn, and never lets you forget it as he's seated near the Mickey Mouse phone at the corner of a bright, multicolored couch of spectacular proportions in the otherwise coolly decorated music room of his New York digs. Neatly hanging behind him is a dazzling display of gold and platinum records—Barry's hits (including a quadruple platinum for "Barry Manilow Live," which sold over four million copies). The music room appears to double as a den and, aside from a handsomely equipped kitchen with informal high stools, is the only room that gives a feeling of being lived in.

The formal living room is stark and modern, antiseptic and uninviting—a wonderful wall fish tank is devoid of inhabitants. There are no books on the bookshelves in an office of sorts—they're on the West Coast. The game room has a pinball machine, but not much else. The bedroom is off limits to the press.

Before we begin talking, Barry, his cuddly, redheaded girlfriend Linda Allen, his assistant, his press agent and I sit around the kitchen waiting for the coffee to perk. Barry and Linda are in coordinated getups: dark jeans and maroon sweaters. Barry's is a particularly dashing ensemble and, as he facetiously points out to Linda, "very Ivy League" because of a tie neatly peeking out from under the crew neck top. Linda and Barry are chatty and friendly, as are the personal if not physical surroundings. There's a lot to be happy about in the Manilow abode these days, including his third ABC-TV special next month (the first two were both smash hits).

But for all his cheering levity, Barry is troubled enough once we're alone to keep a mini-cassette tape recorder running throughout our long conversation. And he is not joking when he voices concern that certain people are reading him wrong, that his image is awry.

"It's important to me," he says soberly, if somewhat melodramatically, "that you reinforce the thinking that I am, in fact, a living, breathing, feeling, sensitive, gentle man. Because of this incredible amount of success, a lot of people have begun thinking and writing that Barry Manilow's ego is out of hand. I read these stories and think, 'Oh, my God! People really believe I am going crazy, taking this success to heart.' Yeah, I'm successful; yeah, I enjoy the success. I enjoy all of it. But the thing I work on most is keeping my feet on the ground in this hurricane. It's very difficult. The wind can knock you over."

Barry often talks the way song lyrics sound. His innate show biz jargon and panache rise naturally to the fore, even when he is attempting to reach out and, on a personal level, touch and encompass his followers in exactly the same fashion his hit songs do—directly. He wants them desperately to believe that if ever there was an honest man, he is it. That what they see on stage is nothing more than a magnified, souped-up version of "The Real Barry."

More complex

But "The Real Barry" is far more complex than his charming, offhand, unpretentious manner suggests. So, while he's out to prove himself as being on the level, he's also anxious because he thinks his fans might be sorely disenchanted with the genuine article.

"Most fans of mine," Barry almost whines, "would be very disappointed if they realized I don't walk around in my rhinestone top all the time and do not sing all day long. That I sit around in blue jeans and watch television and don't shave sometimes and don't have witty things to say. From the letters I receive, you'd think I was really hot stuff. Well, I'm not hot stuff. I'm just a regular person.

"Sometimes I don't even want to meet fans because I'm afraid I'll disappoint them. Certainly a lot of people I used to idolize weren't all I thought they were when I met them. Heaven knows I never met Laura Nyro (the white-soul diva of the Sixties, author of "Wedding Bell Blues" and "Stoned Soul Picnic," which were recorded by The Fifth Dimension). Her music changed my life. I fantasized about her for so long. Then I kept hearing reports about what it was like to work with her, to be with her, what she was *really* like. And it wasn't anything like I wanted her to be. After I heard all that, I didn't *want* to meet her."

Barry confesses, with a tinge of resignation, that bubbles started bursting early for him. "Most people I've admired have turned out to have faults," he says quietly. "Starting with my mom. I worship Mom, I do. I still love her, she's the greatest, but when I was growing up I always thought she was a sophisticated, martini-drinking woman of the world.

"But as I grew older, and I think we all go through this, we begin to see our parents and our idols as just human beings. I got angry when I first realized Mom was just another human being. I had thought she was superhuman."

Perhaps Barry's excessive adoration of his mother stemmed from his father's desertion when he was a tot of two. His mother supported herself and her son as well as her parents in the slum Williamsburg section of Brooklyn. "Ask a cabdriver to take you there now, and he'll run away," Barry boasts. The picture Barry paints of himself as a youngster helps considerably to illuminate the household name today.

"I was really ugly, the ugliest kid in school. I have pictures that would make your hair curl. I was a street kid, but not a street punk, not a Billy Joel. I lived in the streets, my hangouts were alleys and deserted parking lots that were filled with inner tubes. Any games I played were in the gutters. I didn't have a lot of friends; I had two really good ones (one of whom he married—they split up a year later when Barry was 22) and many acquaintances that got me through my life. That's why friendships now are as important to me as they are. I wasn't very good at sports, I wasn't Mr. Popularity at school, but I had these fabulous friends. I developed a sense of humor about myself and about life through them.

"You become smart on the streets of New York—common sense smart. You learn how to survive. My being smart also comes from my family, which had an incredible amount of common sense, especially my grandparents. They drilled logic into my head. So I'm not a street kid looking over his shoulder waiting for the next mugger to attack. I'm a different kind of street kid—with a down-to-earthness, a focus on reality. It's the thing that will stop me from thinking I really am 'Hot Stuff Superstar.'"

Barry also snubs the accepted extra-curricular aspects of life *(continued)*

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among the pop culture elite—show biz friends (his only entertainer chums are singers Bette Midler and Melissa Manchester), show biz parties and show biz drugs. He whoops with laughter as he recalls his first interview, five years ago, with a leading rock magazine. "The interviewer came back to my dressing room. She had masses of frizzy hair, was very skinny and wore black lipstick. Her first question was:

" 'What's your favorite dope [drug]?'

" 'You dear,' I said, 'get out!'

"I tried smoking joints [marijuana]. I liked it for a month, but then I started to get nauseous. And I could not stop getting sick. So for about a month, three or four years ago, I had a very nice time getting pleasantly you know. . . . Frankly, I didn't enjoy it. I would fall asleep or sit like a puppet listening to records and maybe I'd hear a horn line a little clearer, but it wasn't any revelation. The few encounters I had with the drug were no more or less pleasant than having a couple of drinks, which I don't like either. It does the same thing to me, affects me physically and I get nauseous. I cannot be out of control. So I have a social drink, but mostly it's mineral water with a lime twist."

Barry, unsurprisingly, finds more traditional means of relaxation most satisfying. "A good book, a good rhythm and blues record, conversations with friends having *nothing* whatsoever to do with the music industry, a movie. When I'm on the road (he finished one of his grueling cross-country tours at the close of last year), I go out with my two best friends from my group and we just do anything—like go shopping. I relax by doing the ordinary things that most people do all the time," he laughs, "but that I don't often get a chance to do."

If Barry's lifestyle appears a little too prim to be believed, it's best to understand that, given his high-voltage performances, both his body and his mind shriek for the kind of unstructured, rather staid existence he seeks. "There's a whole energy trip when I'm onstage," Barry explains, "and I'm spent at the end of it. It's certainly a great release. My only entrée into analysis years ago had me punching a pillow and beating up the bed, and God, it got all my frustrations out in ten seconds. Now I take out the frustrations of the day in the songs. Sometimes I'm not even thinking of the lyric, but of a passionate emotion—joy, frustration, anger, loneliness—and it comes right out in the middle of these songs. The audience is affected by it, and I feel much better after I'm done. I find I can deal with people a lot better because of it."

Barry is fast to point out that during a tour ("tours drive you nuts") he is less successful in dealing with people. "I'm volatile," he admits. "I blow up all the time." Even with Linda? "No, never. But now and again I'll blow up with my assistant when he thinks he's representing me and he'll yell at a waiter—'Mr. Manilow needs a *rare* hamburger. How dare you?' I say; 'Paul, please don't talk to people like that, what's the matter with you?'

"My manager puts up with a lot from me. I'm crazy when it comes to doing a job right. I like to be involved in every area of my life and that's hard, so when I feel I'm being left out of a decision, I start screaming."

Recently, a TV crew came to tape three numbers during Barry's live show in Philadelphia. When the agreed-upon songs were performed, Barry still saw the cameras with their red lights focused on him from all directions. He became incoherently furious and relives the episode with comparable passion. "My energy and adrenaline levels are up so high during a performance, I could probably lift a car. There were 20,000 people out there screaming their heads off. I was having a great time, but I kept seeing those cameras and their lights.

"At one point, while I was introducing a band member who was doing a solo, I ran into the wings where one of these guys was and grabbed him by the shoulders and threw him further into the wings and yelled, 'STOP IT!' The guy sorta bounced around.

"Then, when I went back onstage, I saw him crawling around to the other side. So I introduced another band member, ran offstage, shoved him again and said to my stage manager, 'Get this man the [expletive deleted] off my stage! I don't know what he's doing here.' What was coming out of my mouth was energy, not fury, but then they had *said* they were only going to tape three songs. I blew up like crazy and when the show was finished, I was still the same way. Because when I come offstage, if something is funny it's incredibly funny, if something is sad I'm dissolved into tears, if something is upsetting it's double, triple the upset.

"The director came out and gave me a perfectly logical explanation why those cameramen were onstage, but I was not listening. I went CRAZY. Slammed the door in his face. I know he must have thought I was a total maniac and hated my guts. The next day the TV show called and apologized and I said, no, don't apologize. I had no right to scream like that. That cameraman was a big person; he could have banged me on the head and killed me. But I was on this energy trip and actually threw him into the wings. I'm not a fighter, it's just this insane energy that takes over."

Barry is a creature of all those B-movies we love—the entertainer whose performances, whose songs, whose vigorous hawking fuel his very being. He is a sweet-natured fellow offstage, but compared to the theatrical dynamo, the real Barry pales. And, as opposed to lesser luminaries who are sometimes more interesting away from the glare of the limelight, Barry is at his most alluring when dispensing his wares in his shiny, bauble-laden fantasy costumes.

When the two worlds collide, there is an impact that is more pathetic than fateful. "I must say," Barry reports, "I get very uptight when I go to places with lots of people. Even if they don't stop to talk, a lot of people stare . . . it gets to you. I'll be going down an escalator in a department store and I'll be looking at faces watching me go down. There's just so much you can block out. I'll be with Linda just talking, pretending it's not happening, but when they're all looking up and down at you . . ."

This subtle form of star-gazing is almost welcome compared to the full-scale drama that forced Barry to move out of his former, far less resplendent New York apartment. "*Who's Who* printed my home address," Barry snarls uncharacteristically. "Without my permission, I might add. We've got a lawsuit out against them. First the letters started coming, I had no idea how. Then they started piling up in front of the door. Until then I had had a wonderfully private life there: My records were No. 1, yet I was able to lead a normal existence. Then suddenly this *Who's Who* thing came out and fans started to camp outside the door. It was hellish, just hellish, so I had to move. I live in this building under a pseudonym. Today the doormen were told you'd be asking for me, but if you come here tomorrow and ask for Barry Manilow, they will shoot you in the nose."

Nice guy from afar

Barry doesn't want to be misunderstood. He wants to be the nice guy his followers think he is, he wants their letters, their devotion, their gratitude. But from a distance.

"The private Barry is a quiet type," he insists, "private and quiet and grateful. I think I'm sorta in awe of what's happened to me—still. I don't know what synagogue to donate money to first. I am a very fortunate man. If it all stopped tomorrow, I have had a wonderful ride, a great time. I'd be disappointed and I'd probably be very unhappy, but I wouldn't die."

Barry dismisses outright the innuendos in the press and among the tongue-wagging Cassandras of popdom that behind all the flamboyant success, there is, in the flesh, one small, lonesome man. He smiles his smart, Brooklyn, street-kid grin: "If this is 'lonesome at the top,' I'll take it." **End**



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MARGARET

Is Margaret Trudeau liberated or lost? Criticized as selfish, lauded for her independent spirit, Canada's renegade First Lady talks about her controversial new life and the decision she must make this month on her marriage. By Alan Markfield

For the last two years, Margaret Trudeau, Canada's absentee First Lady, has been a "free spirit." But now, the former flower child may be forced to reevaluate her life. First, there is her book, a painfully honest autobiography, in which she pleads for understanding. Then, she will come under public scrutiny of another kind as she makes her debut as an actress in the film, *Kings and Desperate Men*. But braving public opinion will not be as trying or as significant as the personal decision she must make in the next few weeks.

This month, her two-year separation agreement with her husband, Canadian Prime Minister Pierre Trudeau, expires. Margaret is then obliged to reassess the value of her newly won freedom, and weigh it against the needs and importance of her family.

Whatever she decides, it will undoubtedly prove controversial—Margaret is not the kind of woman people feel natural about. Some applaud what they see as her gutsy determination to have a life of her own. Others point out that her so-called new maturity has been achieved and enjoyed at the expense of her husband and three young children.

Her life until now—a sensational sequence of extraordinary events—supports both theories.

As a 60's flower child, she joined the hippy drug trail to Morocco. At 22, she became the world's youngest First Lady when she married Trudeau, a man 29 years her senior. Then came the numerous social gaffes in a political world she called her gilded cage, followed by her celebrated departure from her family to "find herself," her career as movie star and jet-setter, and now her attempts at explaining herself to the world through her book—*Margaret Trudeau: Beyond Reason*.

The Trudeau's separation agreement stipulates that Pierre has custody of the children, Justin, 7; Sasha, 5, and Michel, 2, and that Margaret has visiting rights.

It also states that Margaret will not publicly discuss her husband. Conversations end abruptly when his name is brought up. But during our recent interview, Margaret attempted to answer the question: "Will she ever return to Pierre?" Her reply was as elusive as her life's philosophy: "I'll never leave Pierre," she said. "I never can. Whatever relationship we are able to succeed in having will be good and right for us—whether it is marriage or just the closest two people can be in helping each other survive a life that isn't easy. If the relationship needs redefining, then we'll redefine it. Our separation is a statement of freedom. At this point, I still have no idea when I'll go back."

Eight years ago in March, *(continued)*



"I'll never leave Pierre," says Margaret Trudeau (left), "but I have no idea when I'll go back to him." With a mischievous smile (below), she asks, "I have good legs; why shouldn't I show them off?"



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MARGARET

continued

when she married Trudeau, a happy photograph was flashed around the world: Margaret dressed in a wedding gown she'd made herself, cutting a wedding cake she'd baked at home, standing next to the beaming, former playboy prime minister. Pierre Trudeau's name had been linked with some of the world's most eligible and glamorous women, including Barbra Streisand. But he had chosen the unknown Margaret Sinclair.

They had three children in quick succession, and the image of the happy family seemed complete. But that image began to smudge. On an official visit to the United States, Margaret shocked Washington, D.C., society by showing up at a formal, official state dinner, dressed in a very-mini skirt, with an inelegant run in her stocking.

During her husband's 1972 election campaign she left the official chauffeured limousine and clambered aboard the press bus—"I guess you have more fun here," she told the astonished occupants.

Her social gaffes became more frequent as the strains of her role began to show. And as Margaret became more determined to lead her own life—with little apparent thought of her husband's position—the cracks in her marriage began to gape ever wider.

Then, in March 1977, on the eve of her sixth wedding anniversary, she arrived at a Rolling Stones concert in Toronto—without her husband—and befriended guitarist Keith Richard, who had been charged with violating Canada's strict drug laws.

More sensationally, she spent the night in a hotel suite on the same floor as the musicians and was reportedly seen scurrying down the halls dressed in a bathrobe. Rumors began to fly of all-night parties and a romance with singer Mick Jagger. Asked for a comment, her furious husband told a reporter: "It's none of your damn business."

Two months later she fled Canada for New York City. It was a decision she says she and Pierre "made together," but, later, she alone came to the realization that her life needed some major overhauling.

"Can't people understand," she pleads, "that at the time I left my family, I was at the edge of not being able to survive? Sure, I would have continued living until a ripe old age, but with bitterness. That's why I left.

"I wanted quality. I wanted better than what I had. I was sliding on a pretty good wave without any real effort on my part, except for making three beautiful children and making one man happy as his wife. I wasn't doing anything for myself.

"If it was within my power to wave a magic wand and have things today, right now, as I really want them, I'd be happily married with lots of little children at my feet, baking bread, canning preserves, making jam. To hell with suitcases and airplanes. Basically, I'm a homebody.

"I love my children and I'd love to have a little girl someday. Why not? I'm still young."

But later, after a two-month visit at home, Margaret will say to me: "I need a break from the children. I never thought I would say that."

Dreams seem to collide with reality for Margaret Trudeau, as do her words and actions. Like a frantic moth, she flits from flame to flame. Her only constancy is that she is always an unfathomable contradiction.

We are sitting in Cassis, a small town on the French Riviera, where she is filming her second motion picture, *The Guardian Angel*. The town is best described by the traffic sign on its outskirts that reads: "Cassis—a quiet place—no speeding." It is 20 minutes from Marseilles, an hour from St. Tropez and 5,000 miles from Justin, Sasha and Michel, Trudeau's children.

"The main reason that I left Pierre was to pursue an independent career, and to be myself. I knew that I was giving up being the wife of the prime minister and all its privileges, but I didn't think they counted for much. With all those privileges there was one essential ingredient lacking: my individuality. There just wasn't room for that.

"I used to say: 'Just once I want to walk without hearing the footsteps of bodyguards behind me. I want to be able to have a hamburger or a slice of pizza by myself. I want to be known as Margaret Trudeau, photographer, or Margaret Trudeau, actress, or whatever. I just want to be known as a person, an individual—not just the wife of the prime minister.' "

More than individuality was lacking. Margaret was also unhappy about Pierre's devotion to politics (she considers politics contrived and unnatural) and the secondary role she was forced to play.

"Before Pierre and I married, he explained that any head of state always receives threats or is a possible target for some group who would like to influence his politics.

"So he sat me down and asked if there was anything, anything at all, in my past that could be used to blackmail him. I appreciated what he was saying and revealed a lot of things about myself that perhaps I shouldn't have—things that perhaps no woman should ever tell her husband. (Among the incidents she "confessed" was her drug experimentation in Morocco.) I've always felt that Pierre has held against me some of these things I told him."

They also agreed that after they were married, if anything happened to Margaret, if she were held *(continued)*



"I hope you don't mind. My family has never seen someone being audited before."



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MARGARET

continued

hostage or kidnapped, Pierre would not pay a ransom or do anything to jeopardize his position or Canada's position, "to get me back."

When they parted Margaret and Pierre agreed that neither would do or say anything to embarrass the other. At that time, says Margaret, it was interpreted to mean no interviews about the other and keeping a low profile. Margaret's much publicized visits to discotheques, touring with the Rolling Stones and interviews in which she sometimes was more frank than she should have been obviously bent that understanding. It also resulted in Margaret getting a black eye, she claims. And she loved it. "My husband slugged me," she told a friend at the time. "Actually, I was quite pleased. It was the first time in a very long while that I'd been able to really get a response from Pierre. It showed that he really loved me. In a strange way, it made us closer. I'd wanted more time and attention than Pierre was able to give me and I guess I felt that this was his way of showing he cared."

Much of what Margaret Trudeau has revealed to her husband, and to the world, is difficult to comprehend, a situation that distresses her. "It's very important for me to be understood," she says as she sips her favorite drink, a Pastis (an anise-flavored liqueur), in a sidewalk cafe. "At the time I left Pierre, I would have described myself as someone who had a tremendous inner rage that was very well concealed. Oh, it perked itself up now and again, but usually just in front of people very close to me. That's something I no longer have. It's gone." She continued, "My eyes are open wider now, my tongue much quieter and you'll find that my inner rages have been aired."

Learns from mistakes

Today Margaret says she has learned from her mistakes, the worst of which she refers to as "that Rolling Stones thing." As Margaret sees it, the whole episode was a press agent's dream—and her nightmare.

"I happen to love their music," she says, "and I had a chance to photograph them as they performed. It seemed like a good idea at the time. I didn't know then that their press agent was calling journalists, telling everybody that I was going to be there.

"The mistake I made was taking the press agent up on his offer to have a complimentary room at the same hotel the group was staying at. The Stones had taken over an entire floor of the hotel and they gave me one of those rooms. But a romance? All-night parties? Not true. I was at that concert simply because I love their music and because it seemed like a wonderful opportunity to launch my career as a photographer."

The press agent later admitted that he had indeed notified newspapers of Margaret's arrival, hoping that publicity about her would ease Keith Richard and his drug arrest off the front pages for a while.

When queried about another of her social gaffes—the miniskirt at the White House affair—Margaret explains with an exasperated, "what difference does it make" expression.

"Look, until then I had dressed as the wife of a head of state. There is a certain code of dressing, but it's rather matronly I think, and I was never very good at it. Besides, most of those wives were much older than me."

With a mischievous grin she whirls around into a pinup pose and says, "I've good legs—why shouldn't I show them off?"

In typical Trudeau form, her lighthearted mood abruptly changes. "You know what I miss right now?" she asks. "My children. I wish they could be here with me now. I thought of bringing them with me but I realized they *(continued)*

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This is JCPenney

MARGARET

continued

would be terribly vulnerable here—harassed by reporters and photographers."

Now she comforts herself with frequent telephone calls to her sons. ("My phone bills are ferocious.")

"I can't wait," she says. "Soon I will be able to leave here and head home to Canada. More than anything else, right now I need a nice long visit with the children." When Margaret says home, she wants you to know she means 24 Sussex Drive, Ottawa—the prime minister's official residence.

"Because I had an apartment in New York City," she says, "people forget that my official residence has always been Ottawa. Well, I've given up my New York apartment now and the only time I'll be staying outside of Canada is when I'm working. If I have to go back to London to finish my book, then I'll stay in London. If I have a movie to do then I'll stay on location." But in a typical Trudeau turnabout she recently decided to rent a house in London, and live there six months a year.

Now, in France, as she stops for her afternoon call at the local bakery for the raspberry tarts to which she's become addicted ("I swear they're the best things in the whole world") or passes the time reading under a tree, she looks like a woman without a care.

"I've discovered that you really can get by with a little help from your friends," she says. "I've found support in so many unexpected corners. I received a lot of bravos for my courage—letters, phone calls, people stopping me on the street, at parties, telling me: 'I understand how you feel. I wish you luck.' They mean it too. I think the times have changed and many women are experiencing the same kinds of feelings that I had."

Changed for the better

Margaret feels she's changed a lot and most assuredly for the better in the past 18 months. As she walks around the town the local people call her Madame Trudeau, the name she prefers. It was only a short while ago that she was signing hotel registers as M. Sinclair, hoping to throw people off the scent.

"I couldn't be happier now," she says. "My husband now finds that when I return to the children, I'm full of joy. I'm full of life. I've got plans. I've got funny stories to tell. Now instead of sitting at home and gnashing my teeth, seething with inner rage, if I'm angry, I'M ANGRY! I just get it out.

"I think marriage is an institution that we have to think about revamping to fit this day and age. We still have nineteenth century ideas. Marriage can't be structured so that the husband is superior, the wife, inferior, submissive. It must be two people, man and woman, working together side by side. Unfortunately, marriage as it is today, doesn't have room for that.

"Pierre and I are ever hopeful of working things out and getting back together. But for now, we respect each other's privacy and realize that we have our own lives to live, our own worlds to explore and our own things to do. For example, I have my book.

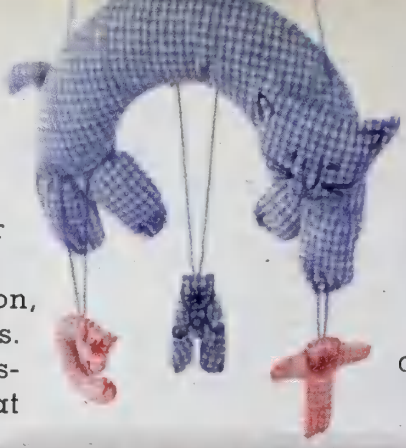
"I've been tremendously gratified by the response to the book. Serial rights have been sold all over the world and it's been translated into more languages than I can count. For the first time I feel that I've really accomplished something.

"It's also given me a delicious feeling of power. A lot of my friends, people I know and old lovers are worried. They either ask me, 'Am I in the book?' or, 'What do you say about me in the book?' I sense they're almost disappointed if they're not.

"The book ends in Cassis where I'm making the movie. I'm glad that it's all over now because this has been a very personal, very difficult experience for me. But now that it's over I feel tremendously relieved." **End**

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Appliqué, machine stitch or stuff-and-sew clever little cat spellers in poly-cotton, woven gingham crib kits. All are complete with transfers, embroidery floss for cat letters and faces, all fabrics, trims and simple instructions. C-A-T mobile: cutting patterns, hanging yarn. P-U-R-R Pillowcase: top, overlap back precut. Crib coverlet: precut top, borders, back; batting included. By Ann B. Bradley





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Photographs by Tom Arn



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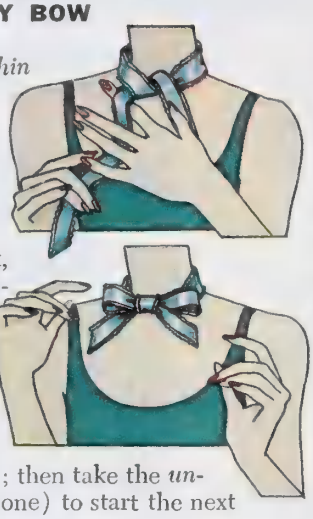
Beauty Journal

How to prime your looks for a prettier, more active April

HUSH-HUSH HAIR

That line, "Hair today, gone tomorrow," may be dumb, but it's correct when describing the problem of superfluous facial hair. You *can* rid yourself of any unwanted hair—in a variety of sound ways. • *Bleaching.* For soft "peach fuzz" (on upper lip, chin and sides) that shows up only because it's dark, bleaching is the best camouflage. Method is simple: either 2 creams or a cream and powder to mix together. Apply; leave on 10-15 minutes (follow directions); rinse with cool water. Pat dry. Tips: Don't use after washing face, a hot bath or shower—open pores are more sensitive./If skin feels irritated, apply a cold compress, then a moisturizer./Use a bleach designed for the face, such as Jolen Creme Bleach, $2.75. • *Waxing.* If you have more than fuzz, there are several methods you can try. With waxing, melted wax is applied to skin, allowed to cool slightly; pulled off quickly (against the hair growth). Hair and root get whisked away. Minuses: Need stubble before waxing, so some shadow will be noticeable./It's somewhat like pulling off adhesive tape—a quick ouch./You'll have to take note of the temperature of the melting wax; too hot and you might burn yourself. Pluses: Slow regrowth—3-4 weeks, at first; 4-6, after./No chemicals to irritate. Just apply talcum powder before and after, perhaps a moisturizer./Instructions are easy; most come with melting pot and applicators, such as Dorothy Gray Depilatory Wax, $5.50. • *Depilatories.* With these, you apply a chemical agent (cream or lotion) to dissolve the hair; rinse off without soap; apply a moisturizer. Do a patch test first for sensitivity./Entire procedure takes about 10 minutes./Removes hair slightly below skin surface; usually lasts at least a week./Good for facial hair, Andrea's Visage Clair Depilatory, $3.50.

TIE A TIDY BOW



Q. *Help! I love the look of a thin ribbon tied in a sweet bow around a collar. But every time I try it, it flips and flops. How do I make it stay flat?—A.A., Yuma, Ariz.*

A. We like the ribbon-tie look, too. It's charming, not only peeping out from a shirt collar, but also deftly tied around the neck with a tank top (as shown) or strapless tube. Here's the trick to making a perfect bow. Tie the length of ribbon once (as you always do); then take the *under* ribbon end (never the *over* one) to start the next loop. Result: a handy, dandy tie.

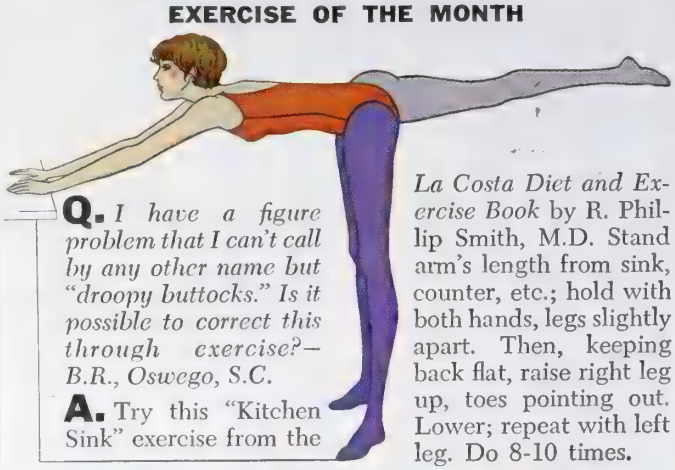
CHEER UP A RAINY DAY

Don't let April showers get you blue. Remember . . . if you look swell, you might just feel that way, too. Consider these tips to brighten an otherwise gloomy day. • Why, oh, why is hair such a problem when it pours? Humidity is the culprit. Hair acts like a sponge, soaking up water from the air. As each strand plumps up, it either frizzes—or droops. • Ever get the Frizzies? If your hair is chin-length or longer, pin it up in a bun or French roll. Any loose wisps that escape will merely look adorable. • Case of the Limps? Hanging in there isn't the answer. Pull hair back, anchor with combs or, if short, give it a whirl with hot rollers or a curling iron. • Experiment with color. Don't drown in black. Lift your spirits with something you love. A sky-blue scarf—a rosy blush. And, since almost all raincoats come in army drab, add some splash with bright red or yellow rubber boots, a cheery umbrella to match.

SPRING BEAUTIES

Thinking about getting outdoors more? To plant that garden, jog that road? Here, some new ways to recharge yourself. And thrive. • Spruce up your skin. A body lotion with moisturizers that penetrates 35 cell layers. Sunscreens, too. Revenescence Moist Environment Body Treatment by Charles of the Ritz, 6 oz., $8.50. • Protect your fair face. Skin there is extra sensitive to sun, wind, the sporting life. Light-textured Ô de Lancôme Pour Le Spŏrt Protective Face Cream, 2 oz., $7.50. • Slick and shine your lips. Wonderfully clear gloss to wear alone or wet-look your lipstick. Lip Moisture by Merle Norman, $5. • Moisturize around your eyes. Zero in on those fine dry lines. Visible Difference EyeCare Concentrate by Elizabeth Arden, ½ oz., $15. • Color *and* condition your hair. Gentle (no ammonia) way to go lighter, darker or cover gray—at home. Revlon Colorsilk, in 16 shades, $3.75. • Warm up your body—in emergencies (shock or cold). Silvery thermal blanket (folds up to pocket-size) retains 80% of body heat. Thermos Emergency Blanket, by King-Seeley Thermos Co., $2.50.

EXERCISE OF THE MONTH



Q. *I have a figure problem that I can't call by any other name but "droopy buttocks." Is it possible to correct this through exercise?—B.R., Oswego, S.C.*

A. Try this "Kitchen Sink" exercise from the *La Costa Diet and Exercise Book* by R. Phillip Smith, M.D. Stand arm's length from sink, counter, etc.; hold with both hands, legs slightly apart. Then, keeping back flat, raise right leg up, toes pointing out. Lower; repeat with left leg. Do 8-10 times.

Border by Julia Noonan. Illustrations by Thea Kliros.

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Around the world there are two famous beauty creams that help beautiful women stay beautiful. And they can help you stay beautiful, too. Pond's Cold Cream and Pond's Dry Skin Cream. And now Pond's has two light, beauty lotions. Pond's Light Moisturizer to help women moisturize for a softer, younger look. And Pond's Light Cold Cream to help women cleanse in a lighter, gentle way. Pond's. The beauty creams and lotions that help make your world more beautiful.



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the new you

You've changed for the better and he can't deal with it. You know you can move ahead without leaving him behind—but now you've got to help him believe it.

By Sally Wendkos Olds

This is not about raising your consciousness, finding your self, getting your just due as a woman, catching up with your man. It is not about feminism, although feminism may well be a part of it.

It is about change—and how change affects relationships. What happens when you go to school, get a job or lose 30 pounds? When you jog your first mile, cut your hair, stop smoking or suddenly get turned on to sex?

All kinds of deviations from old patterns can put new excitement in your life—until you feel disturbing rumbles and grumbles from the most important man in your life. You're changing—and he can't deal with it. You expect support and recognition from your nearest and dearest and when, instead, you get indifference—or worse—you're shocked and worried. This is not the way it's supposed to be.

But this is the way it is. "Any alteration in a woman's life will affect the family," says Elizabeth P. Marshall, C.S.W., a family therapist. "There is bound to be a reciprocal change in her husband and in their relationship with each other."

Most often, the trouble a man has in accepting his "new" woman is actually a hidden compliment, buried under layers of anger, confusion and fear. You have grown so high in his esteem that he is worried you may be outgrowing him. "She's better now," he thinks. "She's stronger, she's smarter, she's earning her own money, she looks better, she's more mature (or whatever). Will she still want me?"

These are problems and questions that are, for most men, just now coming to the surface. For years it was women who adjusted: Wives concerned themselves with their husbands' work and interests; they socialized with their husbands' colleagues in order to "keep up." In short, most wives made it their business to mold themselves to the lives of their husbands.

Nowadays, it is women who are exhibiting the big changes. But most men haven't been taught how to be flexible. And even when a man does see that he must adapt to his wife's new needs, he doesn't always know how. Often, the product of this dilemma is fear.

Wives don't always hear the insecurity under the bluster. It can be hard to relinquish the notion that a true man should be strong enough to cope with anything that life throws his way. And, we are often so caught up in the mechanics of altering our life, so excited and yet so unsure about our new self, that we do not listen intently enough to the signals our man is sending.

Indeed, it is often our own ambivalence about our new self that stirs up *(continued on page 83)*

Photograph by Shig Ikeda

"No one ever told me I'd be mom and dad to my kids."



They need me.

Two years ago, when I had to take charge of my life to take care of theirs, I learned how...fast. Believe me, the responsibility of being the only parent is sometimes scary. So two of the first things I did were get myself a job, and get myself a piece of the Rock—Prudential insurance.

It's tough enough thinking about someone else taking care of your children if something happens to you. But at least, now I know there'd be the money to do it the way I would. My piece of the Rock is important because...they need me.

The more they need you, the more you need Prudential.

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"Well, they're probably the best cigarette I've ever smoked."

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"I tried other low tar cigarettes, and they tasted like cardboard. I tried Merit and it's the best tasting low tar cigarette I've tried."

—Mr. Art Zaegel
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"Just wanted to let you know my husband and I ar very impressed with 'Mer cigarettes."

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"Thank you for g low tar cigarett enjoy."

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"If I was your new cigar have never written letter."

—Mr. Leon Granata
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"Merit has a stronger tobacco flavor than the other low tar cigarettes, and that's why I smoke them."

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"I tried them all but could not find one that could satisfy me. That is until Merit came along. Merit truly delivers true rich tobacco flavor and in fact compares favorably to high tar brands."

—Neal DiLieto
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Kings: 8 mg "tar," 0.6 mg nicotine—
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—Mr. Edwa
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"I've tried other cigarettes but Merit gives me the most smoking satisfaction."

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"It's probably the best tasting cigarette my husband and I have ever smoked. We tried quite a few other low tar cigarettes and found Merit's flavor to be the best, just fantastic."

—Mrs. Charles Dunham
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"I tried them and liked them. Merit tastes better than my previous brand."

—Mr. Don Feeney
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"I had been a non-filter smoker for so long and now with Merit I'm getting comparable tobacco taste in a low tar cigarette."

—John W. Wedding
Avilla, Indiana

"I like MERIT better than anything else I've smoked."

—Mrs. James A. Suber
Spartanburg, South Carolina

"Merit is not strong but it tastes like I'm smoking a cigarette, not like other low tars I've tried. They don't taste like anything."

—Mrs. Blake Hall
Briston, Maine

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R. Fox, Jr.
, Pennsylvania

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"They're as good tasting a low tar cigarette as you can smoke."

—Mr. Dennis Amman
Duscombe, Iowa

"Merit seems to satisfy me more. They have a satisfying taste and satisfy my want for a smoke. The other brands don't meet up to Merit."

—Mr. Archie Dobson
Mount Airy, North Carolina

"Last year I started looking for a low tar cigarette. I think I tried every brand on the market until I came to Merit.

—Jean Swanson
Hampton, Virginia

"Merit Menthol is cool but not overwhelming. It has a mild, pleasing taste."

—Mr. William J. Ehmer, Jr.
Alexandria, Virginia

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—Mr. Walter Howe
Guilford, Connecticut

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Alabama

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—Mr. Robert Johnson
Brockport, Pennsylvani

e Merit Menthol very ch. I wouldn't smoke any other."

—Mrs. Julie T. White
Johnson City, Tennessee

"I'd rather smoke Merit cigarettes than any others. I like them enough not to switch around now."

—Margaret Galaspie
Charleston, West Virginia



MERIT

Kings & 100's

Nancy Kassebaum: Making Political History



She is the first woman to be elected a senator without her husband preceding her. And she won her seat without making a single campaign promise, openly admitting that her family comes before her career.

By Lynda Johnson Robb

As the only woman senator, she was beseiged after her election by reporters seeking interviews. But when I called Nancy Landon Kassebaum, we were (as with other women I've interviewed) silently united by being daughters of political fathers. Alfred Mossman Landon ran unsuccessfully for president on the Republican ticket in 1936 against FDR, and has had a distinguished career ever since.

My father, Lyndon Johnson, made it to the White House, and now I am wife of the Lieutenant Governor of Virginia. "The second time around" for political daughters has become a bond, and so Nancy Kassebaum graciously gave me what was, perhaps, her first interview.

Senator Kassebaum is not an aggressive feminist. She is the sort of person image-makers like to call "woman-next-door." As she received me, I was impressed by her petite grace—she is only five feet two. She has short brown hair, flecked with gray, and a brilliant smile. She is Kansas, U.S.A., the kind of woman you'd meet at a church social or a fund-raising charity dinner. But obviously, she is much, much more.

Not only is she the only female member of the Senate, she is also the only woman to be elected in her own right whose husband didn't precede her. And in a world that all too often promises what it has no intention of delivering, she can boast of winning her seat without having made a single campaign pledge.

Until January, Kassebaum had spent most of her adult life on a farm between Maize and Wichita, Kansas, with 19 peacocks, a stable of horses and a kennel of dogs. At the age of 46, she is the mother of four children —John, 21; Linda, 19; Richard, 18 and Bill, 17—who have always come first in her priorities.

Before being elected to the Senate, the only public office she had held was a seat on the Maize school board when her children were younger.

Kassebaum has now left the familiarity of the Kansas prairie for Washington, D.C., a move, she says, she would never have contemplated at any earlier stage of her life.

"There was never a time in my life before now that I could have done this," she says, looking trim in a tweed suit and a white silk blouse. "My children were growing up, and I've always been family oriented."

That family, however, once so close and demanding of her time, began to splinter. Of her four children —"very independent sorts," as Kassebaum describes them—three left for Kansas State University and the youngest, now a junior in high school, is busy writing a novel. And two years ago, Nancy and Philip Kassebaum, her husband since 1956, separated.

"If it wasn't for the change in my family life, I wouldn't have run," she says. "I wouldn't have thought of having a separate career."

Her mother, Theo Landon, boldly concurs, "Her family was breaking up. She had to do something."

And she did. Last year, she waged a strong campaign for the Republican Senate seat from Kansas and won a decisive victory.

"After the election, there was a quote in one newspaper that I liked," she says. "It said, 'a woman has been elected [to the Senate] not from a trendy East or West Coast state, but from conservative Kansas, where a man's a man, and a woman's his cook."

Kassebaum, however, is not a political innocent. Her legacy of statesmanship comes from her father, who was twice Republican governor of Kansas before he ran against Roosevelt for the presidency. (Today, at the age of 91, Landon is the grand old man of the grand old party.) At the age of ten, she was out working on local campaigns, distributing leaflets and appearing with her father. When the family gathered around the dinner table each evening, the topic of conversation usually was politics. At first, Kassebaum listened; then she participated.

"I never knew her to have breakfast without a book or a newspaper," her mother recalls. "I remember the day Hiroshima was bombed. She was just a child. That night, a friend was having dinner with us, and we were discussing the bombing. Nancy was listening attentively, then all of a sudden she challenged a piece of information. 'Oh, no,' she said, 'it wasn't that way at all.' Her father told her she was wrong. She got up and brought the newspaper back to the table. She wanted to show she was right. And she was."

Her father agrees. "She's always had her own mind," he says. "She's always been as independent as the rest of the Landons."

Kassebaum grew up in the country and enjoyed what she calls "a Huck Finn existence. I had a great childhood. My parents were fairly strict when I was growing up, but it wasn't a question of not being allowed to have a lot. I remember once wanting a swimming pool. My parents told my brother and me that if we dug it, we could have it. We spent one whole summer digging, but we never completed it."

Her interest in public affairs evolved during her youth. Her father says Nancy "cut her eye-teeth" on a

(continued on page 153)

Photograph by Bernie Boston

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THE SOUPER SUPPER COOKBOOK

A stylish new cookbook devoted to soup and bread recipes from members of the Contemporary Crafts Center, Portland, Oregon.



Crafts Center Souper buffet offers six soups, from bottom: Chicken Gumbo, Black Bean, Mediterranean Fish, Carrot Vichyssoise, Broccoli, Basque Beef and Squash. Story begins next page.

Photographs by Ken Regan, Camera 5

Baker's® presents "10 Minute" pies.

"My husband went wild about it."
Betty Brooks, Charlotte, North Carolina





"Creamy. Fluffy. Will definitely be one of my favorites. I loved using the blender."
Betty Brooks



"Simple. Smooth. Like chocolate mousse. I'll use this recipe when my mother-in-law visits."
Kathy Duran



"Impressive. Everybody said Mmmmm, that's good!"
Jackie Delice

Frosty Ambrosia Pie

- 1 package (3 oz.) cream cheese, softened
- 2 tablespoons sugar
- 1/2 cup milk
- 6 drops yellow food coloring*
- 3 drops red food coloring*
- 1/4 orange with peel, seeds removed
- 1-1/3 cups BAKER'S® ANGEL FLAKE® Coconut
- 1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
- 1 8-inch graham cracker crust, prepared

*Optional

Combine cream cheese, sugar, milk, food coloring, orange and coconut in electric blender container. Cover and blend at medium speed for 30 seconds. Fold into whipped topping. Spoon into crust. Freeze until firm, about 4 hours. Let stand at room temperature 5 minutes before cutting, if necessary, for creamier texture. Garnish with orange slices. Store any leftover pie in freezer.

Chocolate Mousse Pie

- 1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
- 1/3 cup milk
- 2 tablespoons sugar*
- 1 package (3 oz.) cream cheese, softened
- 1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
- 1 8-inch graham cracker crust, prepared

*For less sweet pie, eliminate sugar.

Heat chocolate and 2 tablespoons of the milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, and beat until smooth. Fold chocolate mixture into whipped topping, blending until smooth. Spoon into crust. Freeze until firm, about 4 hours. Store any leftover pie in freezer.

Creamy Coconut Pie

- 1 package (3 oz.) cream cheese, softened
- 2 tablespoons sugar
- 1/2 cup milk
- 1-1/3 cups BAKER'S® ANGEL FLAKE® Coconut
- 1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
- 1/2 teaspoon almond extract*
- 1 8-inch graham cracker crust, prepared

*Optional

Combine cream cheese, sugar, milk and coconut in electric blender container. Cover and blend at medium speed for 30 seconds. Fold into whipped topping, and add extract. Spoon into crust. Freeze until firm, about 4 hours. Sprinkle with additional coconut, toasted, if desired. Let stand at room temperature 5 minutes before cutting, if necessary, for creamier texture. Store any leftover pie in freezer.

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WEIGHT WATCHERS FROZEN ITALIAN PIES

Soup & Bread

A SOUPER COOKBOOK

This month's community cookbook comes from Portland, Oregon, an effort of the Contemporary Crafts Association devoted entirely to soup and bread recipes. The title, *Souper Suppers,* is more than a play on words; it is the name given to traditional and now celebrated fund-raising parties of the crafts group, and it's a party idea we found eminently adaptable to most any party situation, large or small.

The opening picture on page 72 tells the story: Line up a selection of soups (from the cookbook, of course), along with an array of different breads, and send your guests through the line, to sample one after another. Soup can be self-serve or by those you designate; dishes can be saved by mopping up with bread between soups or, if you prefer, you can supply a quantity of paper ones. Based on our experience at the Souper Supper given in our honor, it's a foolproof way to entertain, offering unlimited conversation about particular favorites, recipe variations and good-natured urgings to try this one and that.

And lucky indeed is the hostess or group that can muster the beautiful table arrangement and serving dishes displayed at the crafts center: Fresh hydrangea blossoms and balsam cuttings setting off soup tureens from the center's selection. So taken were we with the arrangement, we re-created the same setup for our photograph, thus putting to the lie once again those cynics who sometimes think magazine pictures lack reality.

It would be difficult (and perhaps undiplomatic) to pick favorites among the soups we tried, but certainly one of the most unusual was the black bean soup with its sliced banana garnish. Don't say "no" until you try it! All were hearty and some (like the fish soup) bordered on casseroles. Traditional go-with, along with the various breads, we learned, are savory, bite-size bacon buns; much in demand, quick to disappear.

A word about the cookbook itself: Printed on heavy construction paper in intriguing script type, the book has sturdy wood covers, all attached with large, metal rings so the book can stand easel style. Probably the most beautifully designed book of our long series, befitting a group that has as its concern the crafts of the Northwest. The center is one of the oldest in the nation and its efforts to sponsor and encourage artists of the area are most impressive. The extensive gallery, which is staffed largely by volunteers, is a rich collection of ceramics, fabrics, glass and other crafts that show an extraordinary creative outpouring. Proceeds from book sales support this gallery and its many activities. To order your copy, see coupon below; to sample recipes, turn the page.—JOHN STEVENS

Closeup on breads, from Souper Supper Cookbook *in a setting of Oregon's verdant landscape. The six shown are from among the book's 32 bread recipes.*



1. French Bread. 2. Sheepherder's Bread. 3. Onion Herb Bread. 4. Blueberry Corn Bread. 5. Dark Rye. 6. Golden Wheat Refrigerator Bread.

TO ORDER YOUR COOKBOOK

Souper Supper Cookbook is handsomely designed, printed on heavy construction paper, with sturdy wooden covers, ring-bound to stand easel-fashion. It contains 32 bread recipes, 49 soups. To order your copy, send $10 (includes postage and handling) to:

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STORE COUPON

SOUPER SUPPER

continued

CHICKEN GUMBO SOUP
pictured on page 72

2 tablespoons bacon or chicken fat
1 medium onion, diced
⅓ cup diced green pepper
2 ribs celery, sliced
1 quart (4 cups) chicken (or turkey) broth
1 can (16 oz.) tomatoes, undrained
2 teaspoons salt
⅛ teaspoon pepper
⅓ cup long-grain rice, uncooked
1 cup canned or frozen cut okra
1 to 2 cups cooked chicken (or turkey), diced
2 tablespoons chopped parsley
1 bay leaf
Dash Worcestershire sauce

In a large saucepot add all ingredients. Bring to a boil. Cover and reduce heat; simmer until vegetables and rice are tender, about 20 minutes. Remove bay leaf and serve. (Need anything be said on how good it is on the second or third day!) Makes 7 cups, about 180 calories per cup.—*Ann Carlson*

BLACK BEAN SOUP
pictured on page 72

2 cups (1 lb.) dry black beans
Salt
2 tablespoons olive oil
2 medium onions, peeled and minced
3 garlic cloves, peeled and minced
1 cup water
½ pound ham, cut into small cubes
1 can (16 oz.) tomatoes, coarsely chopped
4 cups chicken broth
2 tablespoons white vinegar
½ teaspoon ground cumin
Freshly ground black pepper
Good-sized dash bottled red pepper sauce
3 to 4 ripe bananas, thinly sliced

Wash the beans under cold water until water runs clear. Pour into large enameled cast-iron casserole with a cover. Add 1 tablespoon salt and enough cold water to cover the beans at least 2 inches. Heat to boiling; boil 2 minutes. Cover and let stand for 1 hour.

Return beans to a boil over high heat, reduce heat to low, partially cover and simmer 2 to 3 hours or until beans are soft. Add more water if needed. Drain the beans and set aside. Rinse out the casserole and add olive oil, onions, garlic and 1 cup water. Bring to a boil and boil until all the water has evaporated and the onions are soft and transparent. If necessary, add more water. Stir in the ham, tomatoes and all the juices, chicken broth, vinegar, cumin, several grindings of pepper and pepper sauce. Bring to a boil, stirring frequently and cook over moderate heat until half the liquid has evaporated. Return the beans to the casserole and simmer for about 15 minutes. Stir the soup occasionally so the beans do not stick to the bottom. Taste for seasoning. Serve straight from the casserole into heated bowls. Garnish with thinly sliced bananas and have extra on the table so people can help *(continued)*

SOUPER SUPPER

continued

themselves. Makes 6 to 8 servings. About 410 calories for 6 servings; about 310 calories for 8 servings.—*Helen Bitar*

MEDITERRANEAN FISH SOUP
pictured on page 72

½ cup olive oil
2 to 3 large onions, chopped
1 fish head
2 to 3 garlic cloves, minced
4 to 6 ripe tomatoes, seeded and chopped
Bouquet garni: (parsley, thyme, rosemary, fennel and bay leaf tied in cheesecloth)
3 pounds fish fillets (any white fish will do but snapper is my favorite)
Salt and freshly ground pepper
Bottled clam juice, water or fish stock (about 4 cups)
½ to 1 teaspoon saffron
1 to 2 small dried red peppers, ground
Freshly grated cheese (about ¼ cup)
Stale sliced French bread rubbed with garlic and toasted

In a heavy large Dutch oven heat olive oil. Add onions and sauté until transparent, stirring occasionally. Wrap fish head in cheesecloth for easy removal later. Add to saucepot with garlic, tomatoes, bouquet garni, fish and salt and pepper to taste; cook, stirring, until fish fillets are soft. Add clam juice, water or fish stock to cover, and season with saffron and red pepper to taste. Heat to boiling, reduce heat and simmer 20 minutes. Remove fish head and bouquet garni. Makes 12 cups. Serve in large bowls with grated cheese on rounds of French bread. Makes 12 cups; about 295 calories per cup.—*Freddie Schatz*

CARROT VICHYSSOISE
pictured on page 72

2 cups potatoes, diced
1¼ cups carrots, sliced
1 leek (or ½ red onion), sliced
3 cups chicken broth
1 cup half and half cream
1 teaspoon salt
Pinch white pepper
Shredded carrot and parsley, for garnish

In large saucepan combine potatoes, carrots, leek and chicken broth; bring to a boil and simmer 25 minutes. Pour half the soup into blender container. Cover and blend until smooth. Pour into large bowl. Repeat with remaining soup. Add cream, salt and pepper. Cover and refrigerate until well chilled. Serve in chilled bowls; garnish with carrot and fresh parsley. Makes 6 cups; about 90 calories per ¾ cup.—*Mary Ellen Conklin*

BROCCOLI SOUP
pictured on page 72

¼ cup salad oil
1 medium onion, diced
1 large potato, diced
⅔ cup diced celery
1 garlic clove, minced
½ teaspoon pepper
3 cups chopped broccoli or 1 package (10 oz.) frozen chopped broccoli; thawed
5 cups chicken broth
¼ cup fresh chopped basil or 1 tablespoon dried basil
Salt to taste

In large saucepan heat salad oil. Add onion and sauté until tender, about 10 minutes. Add potato, celery, garlic and pepper. Cook for 10 minutes, stirring occasionally. Stir in broccoli, broth and basil, cover and simmer for 20 minutes.

Into blender container pour half of the soup. Cover and blend until smooth. Repeat with remaining soup. Taste for seasonings and add salt if needed. Reheat soup. Makes 6 cups or 6 servings; about 125 calories per cup.—*Helen Neill*

BASQUE BEEF AND SQUASH SOUP
pictured on page 72

2¼ pounds beef shank, cut 1½ inches thick (3 pieces)
4 beef bouillon cubes
3 quarts water
1 to 2 tablespoons salad oil
5 leeks, with 6 to 7 inches of white stem, sliced ¼ inch thick
5 large garlic cloves, thinly sliced
1½ cups cooked rice, cold
3 large carrots, sliced
¼ teaspoon ground cloves
¼ teaspoon thyme
1 tablespoon salt
1½ pounds Hubbard squash, peeled and cut into ¾-inch pieces
Pepper to taste

In a large saucepot, combine *(continued)*

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SOUPER SUPPER

continued

beef shank, bouillon and water, cover, simmer until meat is tender; about 1 to 2 hours. Remove shank, cut meat from bone and return to soup. Discard bone.

Meanwhile, in medium saucepan heat oil. Add leeks and garlic; sauté until garlic is golden. Add to soup with rice, carrots, cloves, thyme and salt; stir, cover and simmer 10 minutes. Then add squash and cook 10 minutes longer or until vegetables are tender. Skim fat, season with pepper. Serve hot. Makes 12 cups; about 6 to 8 servings. About 165 calories per cup.

FRENCH BREAD
pictured on page 75

2 packages active dry yeast
½ cup warm water (110-115° F.)
3 tablespoons plus pinch of sugar
1 tablespoon salt
2 tablespoons salad oil
2 cups hot tap water
6 cups unsifted all-purpose flour
Milk

Dissolve yeast in warm water with pinch of sugar. In large bowl, mix 3 tablespoons sugar and next 3 ingredients and add yeast mixture to them. Gradually add flour and cover with light towel. Stir dough with spoon every 10 minutes, five times. Divide dough in half. Roll each half, on floured surface, into a 16x½-inch thick rope. Place on greased cookie sheet. Let rise until doubled. Cut several slashes on top and brush with milk. Preheat oven to 400°F. Bake for 35 to 40 minutes or until loaves sound hollow when lightly tapped with fingers. Makes 2 18-inch loaves; about 90 calories per 1-inch slice.—*Connie Spurlock*

SHEEPHERDER'S BREAD
pictured on page 75

3 cups very hot tap water
½ cup butter, margarine or shortening
½ cup sugar
1 tablespoon salt
2 packages active dry yeast
9 to 9½ cups unsifted all-purpose flour
Salad oil

In a large mixer bowl combine hot water, butter, sugar and salt; stir until butter melts. Let cool until warm (110–115°F.). Stir in yeast. Cover and set in a warm place, free from draft, until bubbly, about 15 minutes. Add 5 cups of flour. Beat with mixer at low speed until well combined. Increase speed to medium and beat for 2 minutes, scraping sides of the bowl occasionally. With wooden spoon stir in enough additional flour (about 3½ cups) to form a stiff dough. Turn dough onto floured surface and knead until smooth and elastic, about 8 to 10 minutes, adding more flour as needed to prevent sticking. Place dough smooth side down in a large greased bowl, turn dough to grease all sides. Turn smooth side up, cover with clean towel and let rise in warm place, free from draft until doubled, about 1½ hours. Punch down dough, knead on a floured surface to form a smooth dough. Cut foil to cover bottom of a 5-quart Dutch oven. Grease foil, inside of the pan and the underside of the lid with salad oil. Place dough in the pot, cover with the lid, and let rise in a warm place until dough pushes up the lid by about ½ inch, about 1 hour (watch closely).

Preheat oven to 375°F. Bake, covered with the lid, for 12 minutes. Remove lid and bake for another 30 to 35 minutes or until loaf is golden and sounds hollow when lightly tapped with fingers. Turn loaf out of pan (you'll need help). Place on rack to cool. Makes 1 loaf. Cut into 24 slices; about 225 calories per slice.

ONION-HERB BATTER BREAD
pictured on page 75

½ cup milk
1½ tablespoons sugar
1 teaspoon salt
2¼ teaspoons butter or margarine
1 package active dry yeast
½ cup water (110°–115°F.)
2¼ cups unsifted all-purpose flour
1 tablespoon instant minced onions
½ teaspoon dill weed
½ teaspoon rosemary

Grease an 8-inch cake pan; set aside. In small saucepan heat milk. Remove from



If you love good coffee, why stop at half a cup?

heat and stir in sugar, salt and butter or margarine until dissolved. Cool to lukewarm. In large bowl, dissolve yeast in warm water. Add cooled milk mixture. Stir in flour, instant onions and herbs, mixing until well blended. Cover and let rise in warm place, free from draft, until tripled in bulk, about 45 minutes. Stir down and beat vigorously ½ minute. Turn batter into prepared pan.

Preheat oven to 350°F. Bake for 1 hour or until bread sounds hollow when lightly tapped with fingers. Remove from pan and place on wire rack. Brush top crust with additional butter and sprinkle lightly with salt. Cool. Makes 1 loaf. About 70 calories per ½ inch slice. *—Linda Miller*

CORN BREAD WITH BLUEBERRIES
pictured on page 75

2 cups yellow cornmeal
1 cup unsifted all-purpose flour
1 cup unsifted whole wheat flour
⅔ cup brown sugar
2 tablespoons double-acting baking powder
2 teaspoons salt
3 eggs
1 large orange, peeled, quartered and seeded
¼ cup butter or margarine, melted
2 cups milk
1 pint blueberries, fresh or frozen

Preheat oven to 350°F. Grease a 13x9-inch baking pan; set aside. In large bowl, combine cornmeal, flours, sugar, baking powder and salt. Into blender container, add eggs, orange, butter or margarine and milk. Cover and blend until puréed. Pour into dry ingredients and stir until well combined. Gently fold in the blueberries. Spread batter evenly into baking pan. Bake for 1 hour or until toothpick inserted in center comes out clean. Cut into 24 pieces, about 165 calories each.—*Elizabeth Hirsch*

DARK RYE BREAD
pictured on page 75

½ cup sugar
¾ cup boiling water
3 packages active dry yeast
2 cups warm water (110°–115°F.)
¼ cup unsweetened cocoa
2 teaspoons salt
2 tablespoons caraway seeds
2 tablespoons butter, margarine or shortening, melted
About 3½ cups unsifted all-purpose flour
2 cups unsifted medium rye flour
1 tablespoon cornmeal

Caramel coloring: Pour sugar into a heavy 10-inch skillet. Place over medium heat until sugar is melted; stirring constantly with a fork. Continue to cook until sugar smokes and is very dark in color, about 2½ minutes. Add the boiling water and continue to cook, stirring constantly, until all the sugar is dissolved and liquid is reduced to ½ cup. Remove from heat; let cool.

In large mixer bowl, sprinkle yeast over warm water; let stand for 5 minutes. Add the cooled caramel liquid, cocoa, salt, caraway seeds, melted butter and 2 cups all-purpose flour. Beat until smooth, scraping sides of bowl.

Add the rye flour and beat at medium speed 4 minutes. With mixer or your hands, work in 1 more cup all-purpose flour. Sprinkle surface with ¼ cup all-purpose flour, turn out dough, cover and let rest 10 minutes. Knead until dough is elastic and just tacky to the touch, adding more flour as needed to prevent sticking, about 10 minutes. Place dough in greased bowl; turn over. Cover and let rise in a warm place until doubled in bulk, about 1 hour. Punch down, turn over, cover and let rise again until doubled, about 45 minutes.

Grease 2 large cookie sheets, sprinkle with cornmeal. Punch down dough, divide in half. Shape each half into a 9x5-inch loaf, flatten slightly and place on sheets. Cover and let rise again until doubled, about 1¼ hours. Preheat oven to 375°F. Bake for 35 minutes or until bread sounds hollow when tapped with fingers. Makes 2 loaves, about 160 calories per 1-inch slice.

GOLDEN WHEAT GERM REFRIGERATOR BREAD
pictured on page 75

4½ to 5½ cups unsifted all-purpose flour
2 packages active dry yeast
⅓ cup brown sugar, firmly packed
2½ teaspoons salt

(continued)



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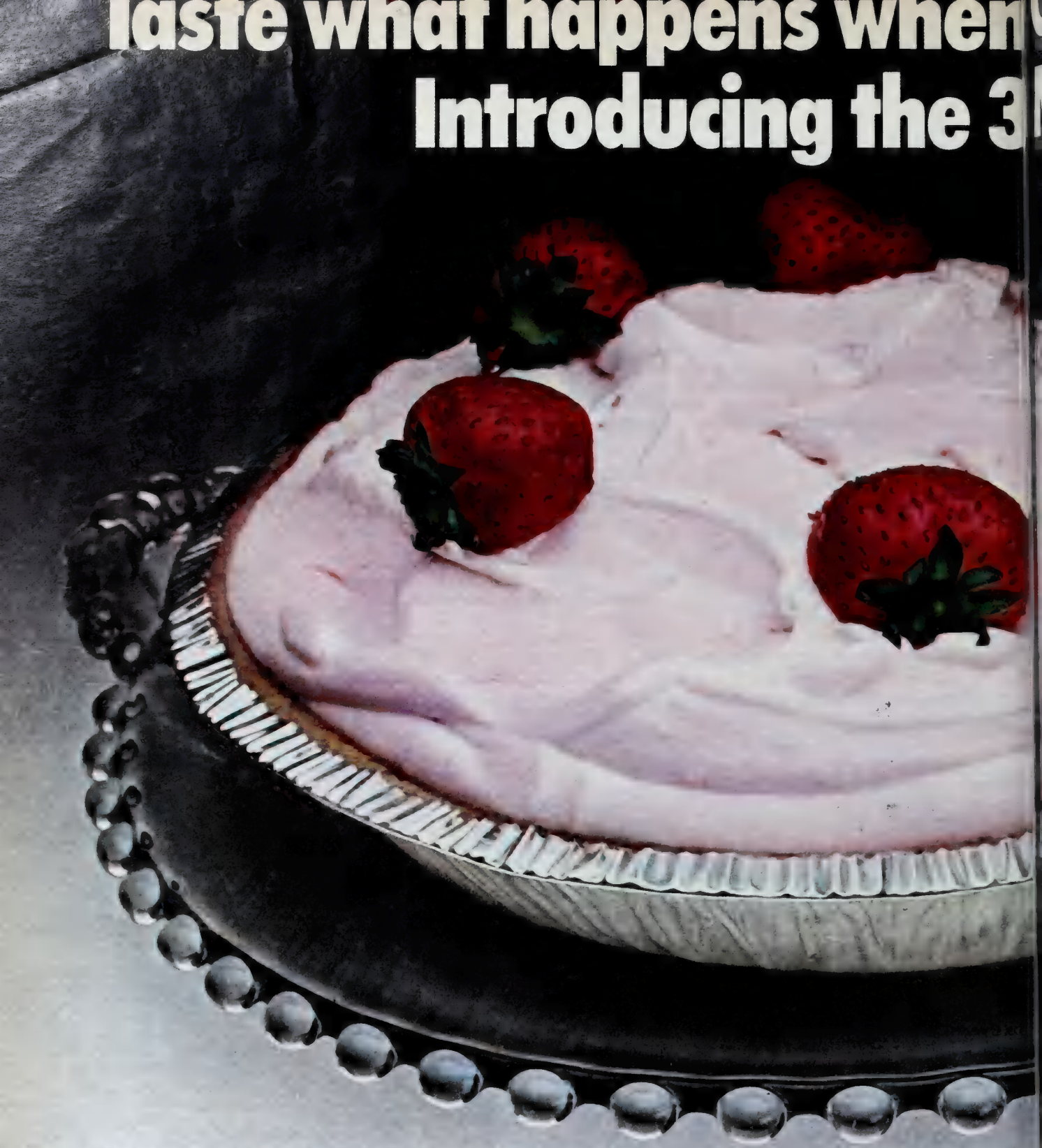
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SOUPER SUPPER

continued

1½ cups milk
½ cup water
2 tablespoons soft butter, margarine or shortening
1 egg, at room temperature
1 cup wheat germ (or ½ cup wheat germ and ½ cup other grains)

Grease 2 9x5-inch loaf pans; set aside. In large mixer bowl blend 2 cups flour, yeast, sugar and salt. Heat milk, water and butter until warm (about 120°–130°F.). Gradually add to dry mixture. Beat with mixer at medium speed 2 minutes, scraping bowl occasionally. Add egg and 1 cup flour. Continue beating at high speed until thick and elastic (about 1 minute). Stir in wheat germ. With wooden spoon, gradually stir in enough remaining, 1 to 1½ cups, flour to make a soft dough that leaves the sides of the bowl. Turn out onto a floured surface, knead about 5 minutes, until dough is smooth and elastic. Cover with plastic wrap and then a light towel. Let rest 20 minutes. Punch down. Divide dough in half. With rolling pin, roll each piece into a 12x9-inch rectangle to press out air bubbles. Roll up from 9-inch side, pinching seams to seal. Place seam side down into prepared pans. Brush each lightly with oil. Cover loosely with plastic wrap. Refrigerate 2 to 24 hours.

When ready to bake, uncover and let stand at room temperature 10 minutes. (Puncture any surface bubbles with an oiled toothpick.) Preheat oven to 375°F. Bake for 30 to 40 minutes or until bread sounds hollow when lightly tapped with fingers. Remove from pans and place on wire rack. Brush loaves with butter. Makes 2 loaves. About 100 calories per ½ inch slice.—*Ruth Hart*

BACON BUNS

Dough
1 cup milk
1 package active dry yeast
2 tablespoons sugar
1 teaspoon salt
3 cups unsifted all-purpose flour
3 egg yolks
½ cup plus 2 tablespoons unsalted butter or margarine, softened

Filling
1 pound lean sliced bacon, finely slivered
1 cup finely chopped onions
1 egg yolk mixed with 1 tablespoon milk or cream

In small saucepan, heat milk until lukewarm, about 100°F. In small bowl, combine yeast, sugar and salt; stir in ½ cup milk until dissolved. Place the mixture in a warm, draft-free place for 5 to 8 minutes or until mixture begins to bubble or has almost doubled in volume.

Place flour into a large mixing bowl and make a deep well in center, drop in yeast mixture, egg yolks, remaining milk and ½ cup butter or margarine. With a large wooden spoon, slowly stir the flour into the wet ingredients. Beat vigorously until a firm dough is formed.

Cover the bowl loosely with a towel and place in a warm, draft-free place for 45 minutes or until dought has doubled in bulk. Punch dough down, turn over; cover and let rise again until doubled, about 45 minutes.

Meanwhile, prepare the filling. In large skillet, sauté bacon and onions until bacon is crisp and onions are golden, stirring occasionally. Remove with a slotted spoon and drain on paper towels. Discard drippings.

Preheat oven to 375°F. Grease 2 large cookie sheets. Cut the dough in half and on a lightly floured surface, roll out each half into a large circle. With 2¼ or 2½-inch round cutter cut out 18 rounds of dough from each circle. Drop 1 teaspoon of bacon mixture onto the center of each round and fold in sides, making a neat pocket. Set the buns, seam side down, on the cookie sheet, 1-inch apart. When all rounds are filled, place cookie sheets in a warm, draft-free place for 15 to 20 minutes or until buns are almost doubled. Bake for 10 minutes. Then with a pastry brush, coat each bun with egg yolk mixture. Bake 10 minutes longer or until golden. Serve hot. (If you cool them, reheat 10 minutes in a 350°F. oven.) Makes 36, about 100 calories each.—*Al Goldsby* **End**

INTRODUCING THE





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the new you

continued from page 66

the greatest problems. "Troubles in a relationship usually come about while the woman is still reorganizing her life, while she is still in the stage of jelling her new self," says psychiatrist Dr. Maj-Britt Rosenbaum, Director of the Human Sexuality Center at Long Island Jewish-Hillside Medical Center. "By the time she feels really positive about the new element, whatever it is, her partner is likely to feel good about it, too, *if* they have a basically good relationship to begin with. And *if* they are able to deal constructively with the raggedy edges that show during the transition."

It's important for a man and woman to know that these "raggedy edges" are to be expected, that they are part of a temporary period of adjustment. With this knowledge a couple can work on adapting their old relationship to their new needs.

When these conflicts are resolved, the rewards can be unexpected—and deep. Several years ago, for example, Barbara, the mother of a baby and a toddler, wanted to train to be a childbirth educator. Her husband objected vigorously, maintaining that her place was at home with their own children. Barbara became a Lamaze teacher anyway. "I love what I'm doing," she says now, "and my decision was the best thing that could have happened to our marriage. We were forced to reevaluate everything: our roles, our priorities, our values. The whole family is happier as a result."

A couple in the process of change has a strong ally—if they will trust it—time. As the months pass, a husband can see that even though his wife is different in some ways, she is still the same person in others. He will be reassured that despite her growth—or perhaps because of it—they can be just as close and loving.

To help time do its work, a couple must do their work as well. A husband and wife should never assume that the other one *automatically* knows anything. If you keep each other informed, you can deal with issues as they come up. As Dr. Rosenbaum urges, "Talk, talk, talk."

Change and anger

Coping with change can generate a good deal of anger. Working it through can be rough—but not working it through can be rougher. "People get into trouble when they get stuck in their anger," says Dr. Ella Lasky, a director of the Woman's Psychotherapy Referral Service, Inc. in New York City. "They can't stop raging at each other long enough to come together and talk reasonably and deal with one thing at a time."

Joe and Gail, for example, began fighting over Gail's renewed friendship with a former classmate who had recently moved to town. Gail was thrilled at her renewed intimacy with Janet, even after a gap of several years, and she felt a new richness in her life. But the fly in the balm was Gail's husband.

He resisted seeing Janet and her husband socially and made biting comments about Janet at every opportunity. Finally he blew up one evening when he came home from work to find dinner not ready and Gail talking on the phone to Janet, who was in the midst of a family crisis. The evening degenerated into a free-for-all, the air thick with accusations. Gail's "I can't stand your possessiveness—you don't want me to have any friends," was countered by Joe's "You care more about her problems than you do about mine." The argument concluded with Gail and Joe storming off to sleep in different rooms.

In the morning, Gail faced the issue head-on. "Next time Janet needs me, what do you want me to do, since you didn't like what I did this time?" she asked Joe. Struck by the reasonableness of her approach, Joe was able to be reasonable himself. He admitted to Gail that her friendship with Janet made him feel neglected and jealous. *(continued)*

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For instance, you might like the Supreme Classic Kabob. Cook up the Supreme Light Batter Fish Kabobs and then skewer them with tomato, green pepper, mushroom, and onion on a bed of Success Rice.

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NOTICE TO GROCER: For each coupon you accept as our authorized agent, we will pay you face value, plus 5¢ for handling, provided you and your customer have complied with the terms of this offer. This coupon is good only when redeemed by you from a consumer at time of purchasing specified products. This coupon is non-assignable. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. (Failure to comply may void all coupons submitted for redemption.) The consumer must pay any sales tax. Void if prohibited by law, taxed or restricted. Cash value 1/20 of 1¢. Send to Mrs. Paul's Kitchens, P.O. Box 1725, Clinton, Iowa 52734. Expires Sept. 30, 1979. LHJ 4/79

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the new you

continued

They agreed that, except for emergencies, Gail would plan her long talks with Janet so that they didn't take time away from Joe. Thus, they were able to implement Dr. Lasky's principle of dealing with one thing at a time.

Usually a wife can allay her husband's fears, as Gail did, without giving up what she needs for her well-being. But sometimes she can't. If you find that neither talk nor time can resolve the impasse between you, you have some difficult decisions to make.

First, though, you need to ask yourself some hard questions: How much does your husband's approval mean to you? Can you achieve your goals without it? Will it be *worth* achieving them? Can you pursue your aims despite his opposition? And the hardest question of all: Will you have to dissolve the relationship in order to go on growing the way you need to?

No one can answer these questions for you. But sometimes an understanding of the problem is even more essential than an immediate solution. Once you've recognized the probable reasons behind your man's negative reactions you're well on your way to being prepared to handle them. And once prepared, you're not as likely to be frightened by the way he feels, to impute malicious motives to him or to feel that the situation really is hopeless.

How, then, *do* people cope with these transitions? Here are some suggestions that may help bring harmony back into your home.

Are you going back to school?

After one year of college, you quit school to get married. You went to work to help him through school. Now you want to finish your own education. You thought he'd be proud of you, but he is either bored when you tell him about school, or he makes sarcastic comments.

"There's been a lot said lately about honesty and directness in marriage," says psychiatrist Helen De Rosis, M.D., author of the forthcoming book *Women and Anxiety* (Delacorte Press). "But it isn't always the answer. If talking about your classes or your job or your newest jogging record always creates an argument with your husband, stay off these topics. Share them instead with a friend, or your mother or sister."

But, you protest, that's not fair. Don't *I* listen to all *his* stories about work? He should be just as interested in what I'm doing. "That would be great," says Dr. De Rosis. "But confusing what *should be* with what *is* often leads to empty confrontations.

"It's better," she continues, "to think be he feels threatened, for example, because he never got his own college degree. Or maybe he's afraid you'll run off with some tweedy, pipe-smoking professor.

So what should you do? "A situation like this requires tact," emphasizes Dr. De Rosis. "A roundabout approach can maintain some peace and harmony."

Your diplomatic posture might include asking for his advice, praising him to other people (within his earshot, when possible) and encouraging him to take up a new interest of his own.

When you go to work

Your volunteer activities have led to a paying job. You've been at home with the children for ten years—so you're thrilled to be going to work. You're *not* thrilled with your husband's reaction. "When you figure out what we pay for Margie's clothes and commuting and babysitters, plus the higher tax bracket she puts me in, her job is costing us money," he jokes at dinner parties.

"To resolve problems like this, we need to be sensitive to the other person's state of mind," says Bernard G. Guerney, Jr., PhD, professor of human development at Pennsylvania State University. "This man is probably not even conscious of how threatened and inadequate he is feeling."

Too often, a woman's reaction is to hold back. She says nothing—until she has stored up so much anger that it bursts out of her in uncontrollable attacks and threats. Naturally, the next step is defensive counterattacks from her husband.

Instead, in line with the communication skills he outlines in his book, *Relationship Enhancement*, Dr. Guerney advises a wife like Margie to say something like, "I know how important your job is to you. To me, this job is important. I want to succeed at it, and I need your help. It would mean a lot to me if you would support me in public."

Psychologist Guerney advises an appeal to the husband's better nature *first*—his desire to help her and make her happy—before expressing her anger and humiliation. Even if she does reach this point, she can do it more successfully by focusing on her own feelings instead of attacking her husband's motivations.

"When we talk in a controlled way—before problems build up—asking specifically for what we want, we have a process that will work for any problem between two people," says Dr. Guerney.

Your new figure

Even on your wedding day seven years ago you joked about your weight. Now you've joined a weight-reduction program and shed 30 pounds, well on your way to your goal of 30 more. Instead of being thrilled, your husband

complains: "What, another meeting? or, "I can't get a decent meal around here. You never bake anymore."

Herta Prechtl, the Training Director for Weight Watchers of New York City, says, "We often hear of husbands who discourage their wives from losing weight. This usually happens in cases when the woman was fat when they married. This man *chose* an overweight woman. Now that she is suddenly much more attractive, he can't count on having a nice, fat wife who's not so desirable to other men. He's frightened by the realization that he has to be a better husband if he wants to keep her."

Ms. Prechtl advises women to write out their thoughts, so they can get a clearer understanding of why losing weight is so important to them and what kind of help they want. "Once you're straight in your own mind, you have to talk to him," she says. "Tell him how you feel and assure him that you're not planning to shed *him* along with all those excess pounds."

A mind of your own

You used to phone your husband at least three times a day to ask what you should do about a child's illness, a rattle in the car, a dinner invitation. "You decide," he'd always growl.

Now you've been making a concerted effort to make everyday decisions on your own. But no matter what you decide, he criticizes you. "Why did you call the doctor?" he rails. "Don't we have enough bills this month?" Or, "Who wants to go to the movies with the Browns? You *know* I can't stand them." Or "No wonder the car's acting up again —you took it to the worst place in town."

"This husband is sending his wife a double message, so no matter which option she chooses, she's wrong. She begins to feel she can't do anything right —and that's crazy-making," says Dr. Lasky. "A couple in such a predicament needs to get very clear about specifics. They need to talk about which decisions they want to make together, which they want to make individually."

Collaborating to solve such an impasse, instead of battling over it, may be very reassuring to a husband who feels threatened at seeing his control over his wife, his children, his very life, slipping away from him. Such a husband may even find that his wife's growing independence has lifted a heavy burden from his shoulders.

Taking time for yourself

Your husband's mother waited on him as if he were royalty, even ironing his undershorts. You took over where she left off, cooking, cleaning, driving for him and the children. Now you've decided to make time for some of the things *you've* always wanted to do—play tennis, join a book group, learn how to weave.



His reaction? He ostentatiously vacuums around you at night and says to the children, "Too bad Mommy's too busy playing to iron your shirts," and complains that you're never home when he phones.

"The first impulse for many women who are thwarted in their efforts to carve out a new kind of life for themselves is a head-on confrontation," says Janice LaRouche, who leads career planning and assertiveness workshops in New York City. "But this rarely works. As you push your demands, his defenses go up and neither of you gets what you want.

"It takes time and patience to change the unwritten contract that you've both been following all these years. Instead of getting indignant, develop a plan to gain his support."

Such a plan is built on understanding his point of view. It's important to point out to him the benefits of the new you —whether it's your improved disposition, or your contribution to household expenses, or the new people you're meeting. You may want to insist that your children help more. And you might consider hiring some household help, if you can afford it. The point is: Make the transition easier.

A sexual awakening

Sex was never the highlight of your marriage. He resented your lack of interest, and often your bed was a battleground. Then, you read a book about female sexuality, or talked to friends, perhaps. Now you're eager *(continued)*

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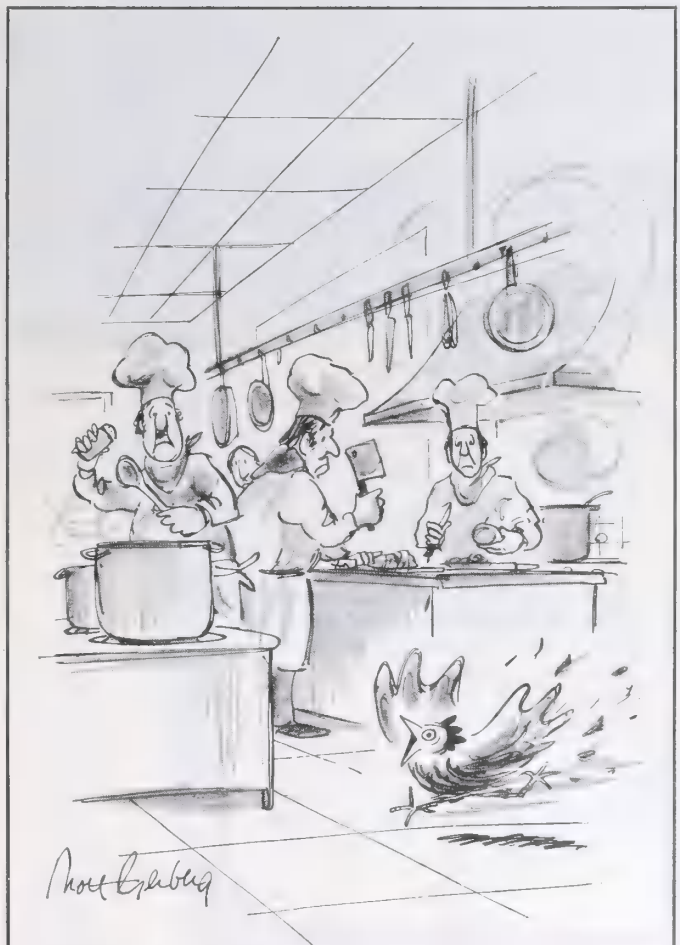
Sealy.

to share your exciting new knowledge with him. But instead of being thrilled by your newfound ardor, he is now the reluctant partner. Furthermore, he ridicules you. "You're like a seventeen-year-old boy," he says, "with nothing but sex on the brain."

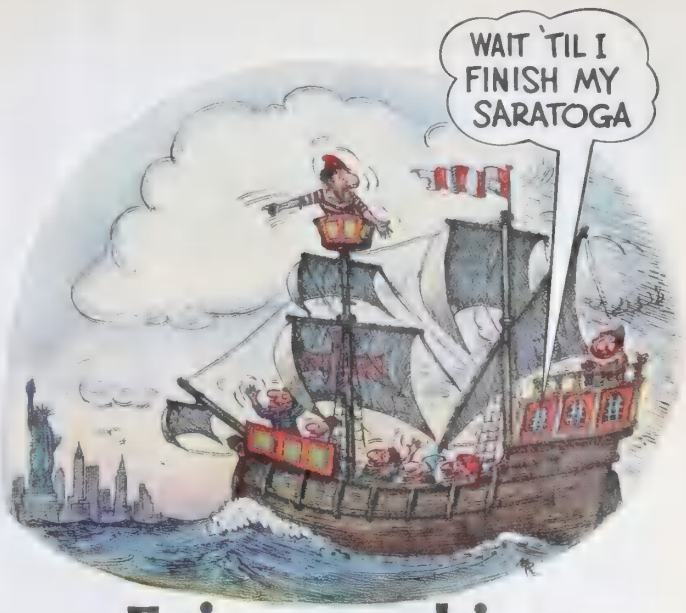
"A woman's sexual awakening can put a lot of pressure on a man," says Dr. Rosenbaum. "This is especially true during the time when a couple is putting together the parts that have been sort of scrambled loose. However, despite all the talk about men becoming impotent as women become more assertive sexually, we're not seeing much of this. The majority of well-functioning couples see a sexual awakening, in the long run, as a growth experience."

The beginning of that growth experience may require that a wife take a long look at what makes her husband respond the way he does. For example, his sexual retreat may be based on his fears that he will not be able to live up to her new expectations. If she understands this, she can stop feeling so rejected. From here, she can stop concentrating her attention on what he is *not* doing and start showing her enjoyment of what he *is*. Reassured that he's still a capable lover, he will feel more like responding to her enthusiasm.

Personal growth is not a gift. We have to work at it, even when it hurts. And it does hurt. But when we pay attention to our growing pains, learn what they mean and minister to them, we can recognize them for what they are—the signposts on our lifelong journey toward fulfillment for ourselves and for our loved ones. **End**



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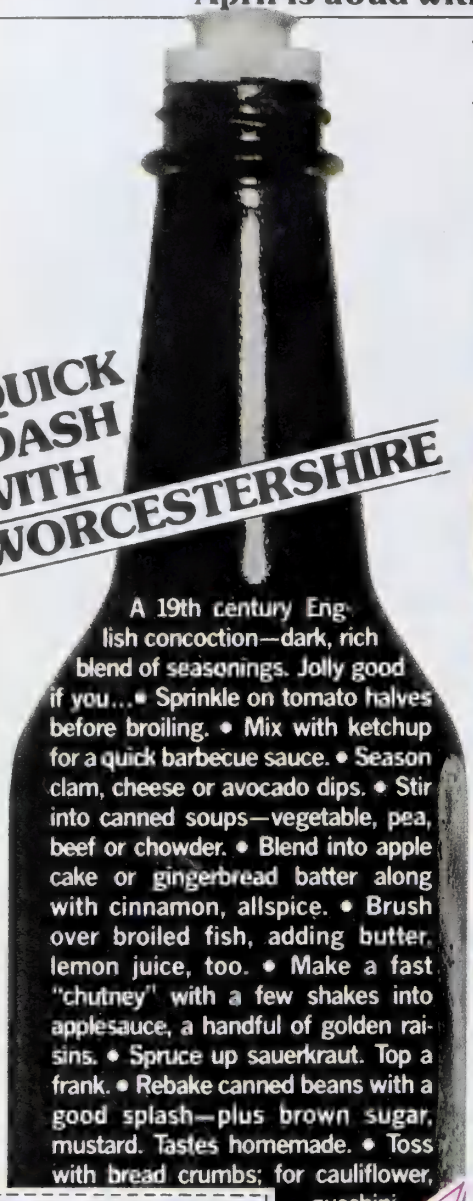
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Regular: 15 mg "tar," 1.0 mg nicotine—Menthol: 16 mg "tar," 1.0 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MEALTIME EXPRESS

April is a bud with fast *and* clever family-food ideas



QUICK DASH WITH WORCESTERSHIRE

A 19th century English concoction—dark, rich blend of seasonings. Jolly good if you... • Sprinkle on tomato halves before broiling. • Mix with ketchup for a quick barbecue sauce. • Season clam, cheese or avocado dips. • Stir into canned soups—vegetable, pea, beef or chowder. • Blend into apple cake or gingerbread batter along with cinnamon, allspice. • Brush over broiled fish, adding butter, lemon juice, too. • Make a fast "chutney" with a few shakes into applesauce, a handful of golden raisins. • Spruce up sauerkraut. Top a frank. • Rebake canned beans with a good splash—plus brown sugar, mustard. Tastes homemade. • Toss with bread crumbs; for cauliflower, zucchini.

GRILLED CHEESE...

Fill 'em with

Take two pieces of bread (white or otherwise), a thin slice or two of cheese (American, Swiss, etc.). Before grilling (in skillet, under broiler or toaster oven), add a peppy extra, such as: • savory roasted peppers from a jar. • a red spread of pizza sauce and rounds of spicy salami. • a heap of cole slaw. • piquant flats of anchovies. • chunky chicken salad and the crunch of peanuts. • thin-sliced franks and sharp mustard. • Madras curry-and-egg salad. • rings of red onions. • a jolt of jalapeño bean dip. • a run of honey and sticky peanut butter. • red-eye special—one fried egg, slathered with chili sauce. • slabs of turkey breast and a bright smear of cranberry sauce. • Italian ham zipped up with horseradish. • double crisps—apple slices and bacon strips. • a hill of baked beans. • lightly-moistened tuna salad. • a trio of asparagus stalks. • curls of tiny cooked shrimp. • squiggles of crunchy bean sprouts • and our favorite: sprinkles of dark brown sugar. All cheese-y and yummy.

Start with a Carton of

YOGURT

The Plain kind—good, waist-watching and extremely versatile. • *Red Rarebit.* Heat a can of tomato soup, yogurt, grated Cheddar cheese, dash of bitters—until bubbly. Serve over toast or split biscuits. • *Raita.* A Middle Eastern salad or dip. Add peeled, seeded, shredded cucumber, minced garlic, flecks of salt, cumin. • *Sweetie Pies.* Stir your imagination and stir in nutmeg, cinnamon, honey, maple syrup, cocoa powder, coconut flakes, pudding mix or liqueurs. Smooth on rhubarb, peach or apple pie. • *Georgian Borscht.* Whirl yogurt in your blender with 1 small can diced beets, 1 cup beet juice, grated lemon peel; season to taste. Serves 6. • *Healthy Hollandaise.* Cook yogurt, 4 egg yolks, 1 Tb. fresh lemon juice, ½ tsp. salt, shake of bottled red pepper sauce in double boiler. Stir until thick. • *Sport Starter.* Begin the day with yogurt over your favorite cereal. Light, zesty.

NET WT. 8 OZ. (227 g)

STAR QUICKIE

EASY ONION CHICKEN

Brown a 2½ lb. chicken (cut up) in 2 Tb. salad oil. Add 2 9-oz. pkgs. frozen onions in cream sauce, 1⅓ cups water, 2 Tb. chopped parsley. Season to taste. Cover and cook 25 minutes, stirring occasionally. Creamy good. Serves 4.

Photograph by Bob Bryan



STANDARD: Four-foot-wide hatch.



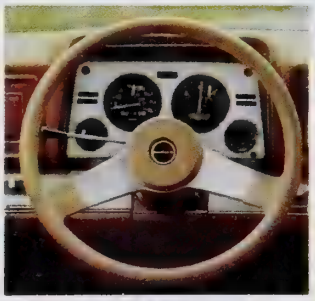
STANDARD: Fold-down rear seat with over 27 cu. ft. of cargo space.



NEW STANDARD: Shift console. **STANDARD:** Four-speed transmission, color-keyed instrument panel.



NEW STANDARD: AM radio.



NEW STANDARD: Sport steering wheel.



Monza 2+2 Hatchback. Sport mirrors (shown) extra.



NEW STANDARD: Tinted glass.



STANDARD: Bumper rub strips, front and rear.



NEW STANDARD: Body side moldings. **STANDARD:** White-stripe tires and wheel covers.



STANDARD: Cut-pile carpeting. **NEW STANDARD:** Newly designed high-back bucket seats.

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HOUSEPLANTS YOU CAN "FORGET"

We call them Go-Away plants, the ones that will survive neglect for a month or more, while you go off on a trip or vacation. It's a surprisingly large and attractive group. By Virginie F. and George A. Elbert

Travelers and vacationers take heart. Here is a foolproof way to have your plants and leave them too. By growing the Go-Away plants you are spared the need for plant-sitters or various Rube Goldberg methods of providing a water supply. Pack your bags and walk out your front door for three weeks to a month—or even longer—without a trace of concern for their survival.

The variety of Go-Away plants is surprisingly large and quite sufficient for making a luxuriant garden in your home. We, ourselves, grow as many of them as possible in order to simplify our chores before taking vacations. Of the thousands of plants that can do without water for a long time, we suggest only those we consider the prettiest and easiest to grow, as well as generally widely available.

Preparing Go-Away plants for your absence is generally the same for all of them. Indeed the principle that permits them to survive neglect is also the same: Most are plants that naturally go into dormancy at some time during the year anyway, a time when they need little water; so what you, in effect, are doing is forcing them into early or off-schedule dormancy, a process that they already "understand" and can adapt to. Here's how it works: Well before your trip, say a month, begin to taper off on watering until all signs of growth have stopped. This is a sign that plants have gone into dormancy. At the same time, move them farther and farther away from the window until they receive little or no direct sunlight. Even more important is the reverse process, bringing plants out of dormancy on your return. *Do not rush in to your plants with a full watering can.* At first, we give plants just a few drops of water in the morning and a light spraying in the evening. Increase watering ever so gradually until growth—no matter how little—has resumed, and then bring watering to normal. Even if the plant has shriveled slightly, this patient treatment will gradually fatten it up. Under no circumstances do we feed a plant until it is in full growth.

By the way, the list of plants that follows is good not only for Go-Away gardeners, but also for lazy gardeners, for all are naturally low-maintenance plants that require watering only every week or two. Whatever your interest, if it's an undemanding plant you seek, this list is for you.

- The right kind of barrel and candelabra cacti are hard to beat as Go-Away plants—they can be left for three or more months. We are only mildly enthusiastic because we too often find cacti, in general, to be less than successful houseplants.

We much prefer other succulents because they are usually more comfortable in a typically warm house, are not so dependent on continuous sunlight and are far less finicky about watering.

- We dote on the Aloes for their beautiful, thick leaves, ranging from deep green to powder blue, and often marked with a pattern of lighter spots. Those that have narrow, very long leaves should be avoided because they *(continued on page 178)*

Photograph by the authors.



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dental team at a leading university, Reach cleans away plaque, the harmful material that can cause cavities. Helps prevent trouble before it starts.

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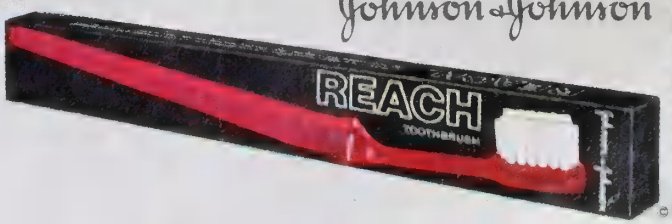
ach angled neck and compact bristle lp you clean even hard-to-reach back i-level bristles clean like two brushes hey work to help clean between teeth ng gumline, areas other brushes can ner bristles hug each tooth, scrubbing e surface.

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To help fight cavities.

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Your Family's Health

David R. Zimmerman

Our medical specialist offers more news about the long-range effects of DES; tells how a major city lowered its rate of fatal strokes and heart attacks . . . and more.

DES UPDATE. Some comforting information has emerged about the long-range effects of DES—the synthetic hormone once used to prevent miscarriage—but with it come some disturbing speculations. Reassuring is the news that DES daughters are less likely to develop cancer than doctors and researchers originally feared.

In America, only 160 cases of vaginal cancer have thus far been linked to the drug. Though there are undoubtedly other, unreported cases of the disease, experts calculate that between 200 and 2,000 cancer victims exist among the more than one million young women whose mothers used the hormone. A second piece of good news concerns the abnormality of the vaginal lining, called *vaginal adenosis*, some DES daughters have developed. The Department of Health Education and Welfare now reports that this disorder (detectable through testing) rarely, if ever, leads to cancer. Therefore, the women affected by it are unlikely to need surgery or other drastic treatments.

The troubling news, according to HEW, is that the mothers who used DES may themselves have an increased risk of breast cancer.

Also disheartening is the news that DES sons have an abnormally high rate of genital and urinary tract abnormalities, disorders which may result in an increased rate of infertility.

A tragic irony about these drugs has also emerged: They did not prevent miscarriage, after all. A reexamination of old studies shows that they actually

women's health. A founder of the new National Foundation for Women's Health (NFWH), psychiatrist Mary Ann Bartusis, M.D., says the fund hopes to encourage female researchers who are seeking more conclusive answers to basic women's health questions.

Researchers will receive funds to investigate such questions as: What triggers labor? What causes menstrual cramps? Why are some women infertile? If a woman is found to have breast cancer in the course of exploratory surgery, is it better to perform a mastectomy immediately, or to wait and perform a second operation later, so the patient has time to psychologically prepare herself for the major surgery she needs?

Besides encouraging research, NFWH will also prepare educational material dealing with women's health topics. "We really want each woman to be more respectful of her body," Dr. Bartusis says. "She should make it a priority—financially and time-wise—to look after her health."

For more information on the research being conducted, write NFWH, 3300 Henry Ave., Philadelphia, Pa. 19129.

WHERE HEARTS ARE HEALTHIER. Deaths from heart attacks and strokes are becoming less prevalent nationwide, but Milwaukee's decrease in these deaths is double that of the nation's. The Wisconsin city's success at preventing strokes and heart attacks is attributed by health advocate Mary Lasker and heart surgeon Michael DeBakey, M.D., to an innovative—but inexpensive—program designed to detect high blood pressure (HBP) in the city's citizens. The project is run by internist Harold Itskovitz, M.D., of the Medical College of Wisconsin, and executed with help from private and government agencies, drug companies and the press.

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End

A significant advance in preventive dentistry.



The Reach® Toothbrush to help fight cavities.



The Reach Toothbrush, from Johnson & Johnson, is a significant advance in preventive dentistry. Designed by a bio-dental team at a leading university, Reach cleans away plaque, the harmful material that can cause cavities. Helps prevent trouble before it starts.

Designed like a dental instrument.

The Reach angled neck and compact bristle head help you clean even hard-to-reach back teeth. Bi-level bristles clean like two brushes in one. They work to help clean between teeth and along gumline, areas other brushes can miss. Inner bristles hug each tooth, scrubbing the entire surface.

If your dentist says "Soft."

Now the unique cavity-fighting design of the Reach Toothbrush is available in an all soft bristle brush, the Reach Soft Brush. Ask your dentist which Reach Toothbrush is better for you.

To help fight cavities.

Even hurry-up brushers and hit-and-miss brushers can get a thorough cleaning with Reach. Innovative in design to effectively clean away decay-causing material, the Reach Toothbrush helps in your fight to prevent cavities.

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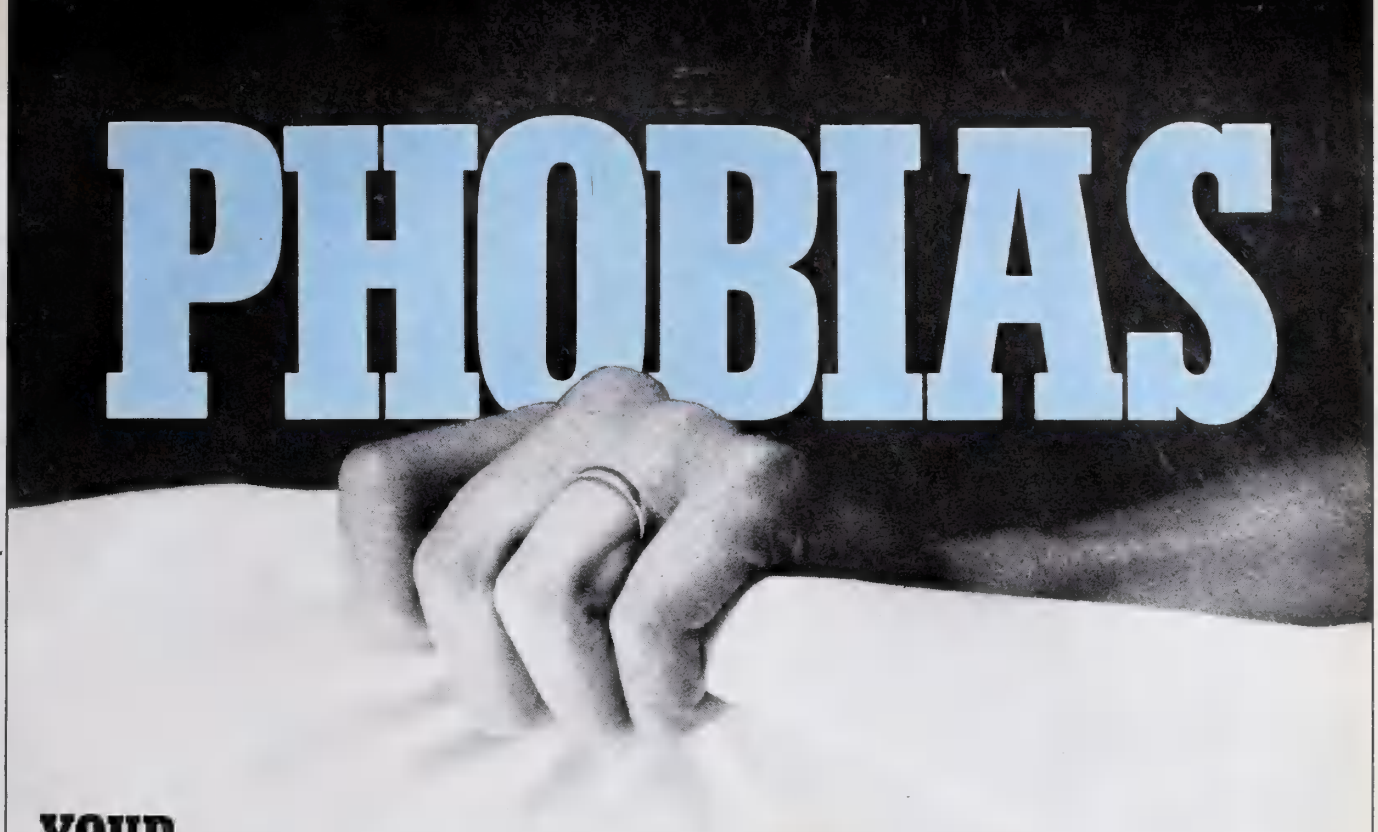


20	13	17	12	11	17	16	16
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1.1 MG. NIC.	0.9 MG. NIC.	1.0 MG. NIC.	0.8 MG. NIC.	0.8 MG. NIC.	1.0 MG. NIC.	1.1 MG. NIC.	1.1 MG. NIC.

Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or FTC Method. Of All Brands Sold: Lowest tar: 0.5 mg. 'tar,' 0.05 mg. nicotine av. per cigarette, FTC Report May 1978. **Golden Lights: Kings Regular and Menthol**—8 mg. 'tar,' 0.7 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

PHOBIAS



YOUR SECRET FEARS AND HOW TO BEAT THEM

THERE ARE PEOPLE AFRAID TO FLY, AFRAID TO LEAVE THEIR HOMES, AFRAID TO LIVE. HERE IS A LOOK AT THE FEARS THEY CAN HIDE—BUT CAN'T HIDE FROM.

BY MARY SUSAN MILLER

When the school nurse phoned to ask why Jimmy was absent, his mother said he had a cold. But she was lying; Jimmy felt fine. He'd wanted to go to school so much, in fact, that he'd cried when his mother told him he'd have to stay home. His father, who normally drops him off on his way to work, was away on business. And his mother, though she has a car and a license, refused to take him herself. She cried, too, while she said no, but she just couldn't bring herself to leave home. She's agoraphobic.

Jimmy doesn't understand agoraphobia—the fear of public places—nor do any of his neighbors. They only know his mother never comes out of her house. "She's a little crazy," they say, and they worry about her husband and son.

Jimmy's mother doesn't understand agoraphobia either. She only knows she feels dizzy and nauseated whenever she considers going outside. She can't even open her garage door. It's as though she were paralyzed.

She's one of several million men and women who've lost control of some vital aspect of their lives. They're phobic—dominated at times by fears so intense that their free will is seriously encumbered. They're unable to resolve questions as simple as, "Shall I do this? Shall I go there?" As one phobic explained, "I don't make decisions for myself anymore. My fear does it for me."

The forms phobias take

We all have—and should have—fears. They alert us to the dangers of our terrain and tell us to protect ourselves from them. But phobics imagine danger where none exists, and they react with a fear so paralyzing that they become unable to shield themselves from whatever menace they perceive. Escape is their only impulse.

Some phobias, of course, are less incapacitating than others. Fainting at the sight of blood, or running from a harmless snake are actually minor phobic responses many of us can identify with. Because they hardly interfere with life, we dismiss them. The fear becomes debilitating only when it surfaces frequently.

Agoraphobics, who are afraid of everything outside *(continued)*

Photograph by Shig Ikeda





At Gerber, we think Jamie is a very special person. So we prepare peas in a very special way. Although the common garden pea is uncommonly rich in vitamin A, important B vitamins and C, some of these riches last for only a few hours after the pea is picked. In that short time, we begin to capture the nutrients so essential to Jamie's good health. Peas are just one example of the Gerber commitment to produce wholesome baby food. And there are probably easier, less costly ways to prepare them. But we didn't skimp on the other 30 million babies we've helped feed since we began. And we aren't about to start with Jamie.



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PHOBIAS

continued

their own homes, have perhaps the most extreme phobic affliction. But people with similar fear syndromes are hit almost as hard. Claustrophobics are afraid of enclosed spaces, including elevators. There are people whose fear of flying is so acute that they can't travel on planes. And acrophobics, who are afraid of views from high altitudes, become panic-stricken when they look out upper-story windows in skyscrapers. Every day these people are confronted with pure terror. How do they manage?

One claustrophobic man had to quit his job the day his company moved from the eighth floor of one building to the 32nd floor of another. He trusted the safety of elevators implicitly, but every time he anticipated their doors shutting —enclosing him in eight square feet of space—he felt as though he'd suffocate, and then panic overwhelmed him. He had walked up eight flights of stairs to his office every day for years, but he knew he couldn't manage the climb up to the 32nd floor.

An assistant buyer was similarly incapacitated by her fear of flying. She began dreading her first promotion when she realized it entailed some traveling. Just the thought of climbing into an airplane's cabin terrified her, and she found herself wondering if a salesclerk's job might not be more suitable for her.

Another woman, who feared heights, realized how handicapped she was when she visited her husband in his 12th-floor office. When he met her at the reception desk, she didn't let him know she was thinking only about avoiding windows as she walked from one place to another. And when they entered his office together, and she came face-to-face with the view from the twelfth floor, she became so nauseated she dashed for the ladies' room.

Despite appearances, what really frightens these people isn't a particular object, like an elevator, or a particular situation, such as being on a plane. They fear their own panic reaction. The thought of driving down a public thoroughfare, for example, doesn't terrify Jimmy's mother. But imagining the overwhelming anxiety she'll feel once she leaves home does. Like other phobics, she literally fears the fear itself.

Many of these men and women are surprisingly adept at hiding their terror. Even their families may be unaware of it. One young woman managed her way through a two-year courtship without telling her fiancé she couldn't eat in public. And after four years of suffering from agoraphobia, another woman still hasn't told her husband and daughter that she panics as she walks down the street. But this secrecy and lying, instead of diminishing distress, often contribute further to the phobic's problems because now, besides feeling worthless since they are so frightened, they also feel guilty because they lie.



How a fear becomes a phobia

"I was on my way to the hospital to visit my mother one night, but while I waited for the bus I got dizzy. My legs went weak and shaky, and I felt so awful I turned away and went home." A young woman thus described the onset of her agoraphobia. "The next day I still wanted to visit my mother," she continued, "but I remembered how frightened I'd been the night before. And I was so afraid I'd get that feeling again that my whole body began trembling. I never did get to the hospital."

Doctors can't say with certainty why this woman suddenly became so fearful —they don't know what causes most phobias. Once in a while, a traumatic experience will explain someone's syndrome of terror: A woman's fear of dogs, for example, might be explained by the fact that she was once bitten by a collie. Such obvious triggers usually don't exist, however, and a psychiatrist might conjecture that the woman with a dog phobia was really fearful of her domineering father.

Doctors agree that phobias are born in stressful situations. When people go

(continued on page 184)

How to Use Pull

Letty Cottin Pogrebin

If you're trying to move ahead, you'll probably need all the help you can get. Some advice on how to use (but not abuse) one of the working woman's most valuable resources—other people.

pull—*n. Slang.* an advantage over another . . . influence, as with persons able to grant favors.—*American College Dictionary*

Do you have any pull? When was the last time you used your influence? If these questions seem to have no relevance to your life, then you either underestimate yourself or you haven't yet mined the working person's most potent source of human energy.

Anyone who uses pull is merely making personal connections and harnessing others to her needs. Using pull means asking someone to help you land a job, win a promotion or get something accomplished. It means having someone besides yourself "pulling" for you.

In essence, pull is power. Perhaps that's why so many women feel uncomfortable about it. We've been taught that women and power are incompatible. We aren't accustomed to asking influential friends for favors on our own behalf. In fact, we aren't accustomed to *asking*, period. A "lady" *waits* to be asked—for a date, for a dance, for her hand in marriage. Why should a working woman suddenly be proficient at taking initiative after our culture has so painstakingly trained her that to be feminine is to be passive?

Even if she overcomes that crippling training, how can she use pull if she has no "important" friends to turn to? Keep a woman out of the boardrooms, bar her from the corporate pipeline, restrict her to low-level jobs and it's only logical that she has not amassed many friends in high places.

Fortunately, personal relations is not a logical science but a human art. Despite all the factors working against women's success, many of us have discovered that we *do* have pull, that we can win friends and influence important people and, very often, the important person isn't a man with a fancy title but another woman who cares.

- When Molly S. decided to make some extra money selling Tupperware after work, she asked her office friends to her first Tupperware party. She also asked them to invite *their* friends and to get sales rolling by buying something whether they needed it or not. *Molly used her colleagues for outreach and influence; she had her friends pulling for her.*
- Lynn B. was program chairperson for her trade association. When she needed two big-name speakers for the annual convention she called, and confirmed, a state senator who had been her bunkmate in summer camp 20 years ago; she also called a famous novelist she saw every Tuesday in exercise class. *Lynn had influence with these friends; she used her contacts and connections to help her do her job.*
- Connie M., an accountant, landed a major corporate client after her husband's boss' wife kindly and wisely seated her next to the company's chief financial officer at a dinner party. *Connie used a high-status encounter to enhance her own influence; Connie used pull.*

Notice that Molly, Lynn and Connie each *used* people. If you feel there is something unsavory about that verb, you're responding to another crippling aspect of female socialization. Somehow, it is okay for a woman to be calculating and manipulative to trap a man, but not to advance her own interests. In her relations with the world, she is supposed to be ever the altruistic giver and never the assertive taker.

On the other hand, most men view the using/used process as a casual fact of life. Understandably, many women would rather stay down than be corrupted en route to the top. But when the difference between using pull and exploiting people is clarified, they feel free to get in on the action.

Both pull and exploitation assume that one can rise on the backs of others. The difference is that the exploiter holds others down and steps on them in order to rise above the crowd. The pull-user asks for someone's hand and gets a *willing* boost up onto their shoulders.

Remember the difference—and consider these basic strategies to help you get a willing boost from someone in your life.

Streamline your style

How do you ask for help? You must have an "asking style" that doesn't put people off. Almost everyone likes playing the big shot; people are likely to go out of their way to guide and assist you if your style is right. That means:

- Don't ask for a long meeting with a busy person if all you want is a recommendation, referral or quick tip.
- Be able to explain yourself and your need within 30 seconds of getting someone on the telephone, or to fit your request thoroughly and persuasively on a single sheet of paper.
- Don't belabor a request that strikes *(continued)*



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FemIron's Tips for the Working Woman.

Job interview jitters– Everybody has them...so calm down. And remember, overconfidence can come on as aggression and that gets you nowhere... especially the job.

Fashionably late? Yes, to a cocktail party. No, to the office.

A job reward– A friendly pat on the back from the boss is always welcome. But should it become more lingering, tell him so. He'll know you're no push-over.

After work– Make sure you find the time to join a club, take a class, jog at the gym or wine and dine. Remember, all work and no play can make even you a mighty dull girl.

FemIron is in. Iron deficiency is out. With all you have to do, an iron shortage is the last thing you want. So why not do yourself a favor—take FemIron. Just one FemIron or FemIron with Vitamins tablet each day is all you need to keep your body rich in iron.

FemIron. It's one asset no working woman should do without.



Good Housekeeping

The Working Woman

continued

deaf ears. Back out gracefully. "I'm truly disappointed you can't do this for me, but thanks so very much for your time," is the proper exit line if you want your phone calls to be returned in the future.

- If you want someone for a speaking appearance, furnish details of time, place, subject, type of audience, fee and as many alternate dates, if possible. Your efficiency makes it easier to say yes without stalling for more information.
- Have an organized agenda in mind when you meet with someone to ask a favor. After the social amenities, get your request on record and leave some leftover time for decompression. Try to end the meeting on a note of warmth and friendliness, not desperate supplication.
- Don't ask for an immediate response unless you're up against a genuine time limit such as a grant application deadline.
- Don't ask for more than one major favor within a three-year period. It's an imposition. And you can lose friends if you abuse their kindness.
- Always send a thank-you note when people give you their time and help. Let them know the outcome so they can share in your victory or volunteer to help you in another way if you fail. If the favor was really special, a simple, thoughtful gift is appropriate.

Give to get

The working world's barter system follows an odd chronology. Something you do for someone today may not be repaid in kind until years later. Keep track of favors granted and owed, but don't demand an instant return on your good works. Just get into the habit of offering your services, advice, job leads and whatever facilities are at your disposal. Let your house be used for meetings or your car for deliveries. Invite someone to be your guest at the next meeting of your professional association or women's group. You don't necessarily need a lot of power to be "pulling for" your friends and contacts.

What else can you do? Send relevant legal clippings to your lawyer friend; send a photography book to a camera buff; pass along the perfect joke for a friend to drop into her lectures on real-estate investment; and tell your pal the travel agent about the heavenly low-budget hideaway you discovered on your last vacation so she can pass on the recommendation to her clients.

Congratulate people in writing when you learn about their promotion, job change, marriage or baby's birth. At the same time, keep friends posted on your career and personal developments—and update your phone numbers so they can reach you to request or to return a favor. You may never have to cash in your chits to move ahead. With all those good works and grateful friends, the rewards may come your way without asking.

Choose your mentor carefully

Do enough preliminary research so you understand what your friends do best, who they know and how they fit into their own spheres of influence. Don't align yourself with someone until you've

(continued on page 172)



"I have a strict rule. I allow myself six balls, and when I've lost them I quit for the day."

© 1979 R. J. Reynolds Tobacco Co.



Tide goes with Speed Queen like tough dirt goes with gardening.

In fact, Speed Queen packs a 40¢-off coupon for Tide in every new washer.

And once you've tried Tide, you'll find it can really handle the tough jobs: like ground-in dirt from pulling up carrots; juicy splatters from sampling the first tomato; and soaked-through mud from getting caught in the sprinkler.

So when you need to count on cleaning, put your trust in Tide.



The Speed Queen washer features a Multi-Cycle timer with settings for regular, permanent press, and even pre-wash soaking. And with Speed Queen, there's no chipping, snagging or rusting, thanks to the large extra capacity stainless steel tub.

Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising.

The makers of 15 washers pack Tide coupons in their top-loading automatics.

THE POPE AS A YOUNG POET

This moving poetry, from a collection to be published soon, was written by a young Polish priest who became Pope John Paul II. With the approval of the Vatican, it is presented by the Journal in celebration of the Easter season.
For more on the Pope as a young poet, and other poems, turn to page 176.

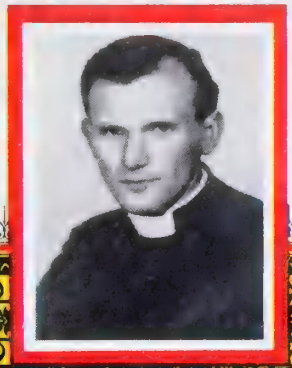
from Easter Vigil 1966

A conversation with God begins

The human body in history dies more often and earlier
than the tree.
Man endures beyond the doors of death in
catacombs and crypts.
Man who departs endures in those who follow.
Man who follows endures in those departed.
Man endures beyond all coming and going
in himself
and in you.

The history of men, such as I, always looks for the body
you will give them.
Each man in history loses his body and goes towards you.
In the moment of departure
each is greater than history
although but a part
(a fragment of a century or two,
merged into one life).

A. J.



Karol Wojtyla, the future Pope John Paul II, in a photograph from 1946, the year he was ordained a priest in Cracow, Poland. The initials "A. J." (above) stand for Andrzej Jawien, the pen name he took at the time.

Copyright © 1979 by Libreria Editrice Vaticana, Vatican City, Jerzy Peterkiewicz. From the forthcoming book EASTER VIGIL AND OTHER POEMS by Karol Wojtyla. To be published by Random House, Inc. To be published in Canada by Hutchinson Publishing Group, Ltd.



The Watch Cat

The love they shared was special. Two free spirits, they were brought together by need...and each would never be the same again.

By Irving Townsend

He is not my cat. The crisis that for a while made me his man nearly destroyed our friendship, bending our lives until they

bumped. We were never meant to know each other well, never certainly to endure the false intimacy of nurse and patient, the cat-box relationship so unnecessary where a country cat and a country man live side by side. Before the shot was fired I could have been called a friend of the family, a familiar face. I had met his grandmother, which is *(continued on page 191)*

Illustration by Mark Hess

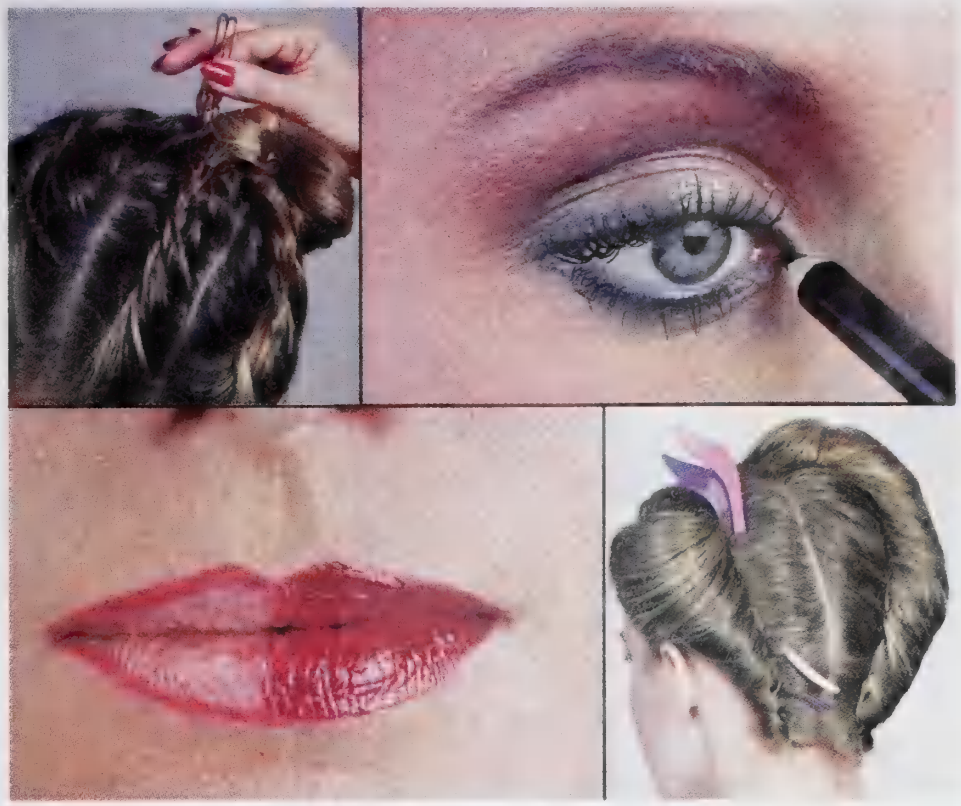


1 Jaunty little hat made for flirting. Outrageously flattering with a sheer red veil. 2 A tiny dot will do it. Sexy beauty mark made with a sharpened eye pencil. Very provocative way to point up a smile. 3 V is for vivid. A clear red lipstick that sings with zing. It gives a fresh focus on whatever you have to say. "Lyric Red" from 'Ultima' II's new Irish Fields collection.

21 NEW WAYS TO LOOK TERRIFIC

Fresh news for Spring '79. Details will make the big difference this season. Over and out: masses of curls, dark "raccoon" eyes, sharp slashes of blusher, murky colors. Coming in pretty and strong: The look for hair is shorter, either cut or collected (wraps and rolls) to stay close to the face. More emphasis on the mouth. Color it bright and *very* definite. Eye shadow goes lighter, softer—accentuated with a dash of liner. A blush of color casts a rosy glow over the whole face. Totally appealing. By Maureen Lynch, Health and Beauty Editor.

4 Quick trick for rolling or wrapping hair: secure a section by using not one, but two, hairpins held together. Slip into place. 5 Full circle. Even with lighter eye shadows, a pencil liner is needed for a finishing touch. Ring all around; gently smudge. Don't forget those inside corners. 6 Precision counts. With lip color so bright, it's important to outline the mouth carefully. Fill in, as shown. Here, Clinique's "Earth Red" Lip Pencil with "Scarlet" Lipstick. 7 One new way to roll your hair. Graceful and neat. Part hair down center, roll each side toward crown. Try it yourself (it's tricky at first) or ask a friend or pro to assist.





Photographs by Robert Farber. Hair by Gerard Bollet. Makeup by Sharon Slattery.
Left page: Dress by Scott Barrie; hat by Makins.
Lower right: Hair ornaments by Riviera.



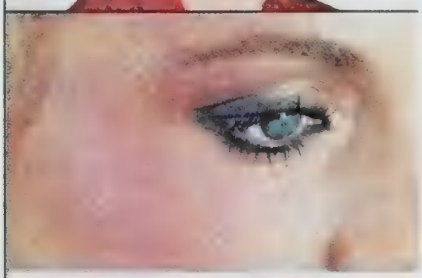
21

For pure classic pow—nothing beats the sheer romance of a long white scarf. Very simply, it gives a wonderful glow to your skin. Good sense. When you think that your skin is under the sun 365 days a year, why do you wear sunscreen only in the torrid months? Easy answer: everyday foundation with added sunscreen. Here, "Rose Beige" Moisture Whip Cream Make Up. Bright points: new "Berry Red" Lip Color Styler-Pencil and "Really Red" Cream Nail Color. All, Maybelline.

White scarf by Echo







Above: 10 Conversation pieces—charming, unexpected things to slip into your hair. Combs, pins, fresh flowers or the whimsy of a single feather. 11 Nifty wrapup—one you can definitely do yourself. Gather up the back, then the sides and pull to the top. Secure; let the ends entwine casually around each other. 12 Very innocent, very naive. A new way to blush. Instead of a slash in the hollow of your cheeks, take the color over your cheekbones, up to your hairline, into the temple area. Here, "Irish Blush" by 'Ultima' II

Turquoise blouse by Gloria Vanderbilt for Murjani

13 Bright-on-bright. All the snappy colors in fashion go hand-in-hand with beautifully bright nails. Here, L'Oréal Crème Nail Accents in "Warm Crimson." 14 Or, just the opposite. Counterpoint the brights with a perfect neutral. New and elegant. Christian Dior Nail Enamel in "Beige Bop." 15 To keep in sight—great new frame shapes. This one, almost-sheer amber plastic, echoing the arch of your eyebrow. Hint of tint to the lens—for mystery. 16 Big-girl braiding. A thick plait swept to one side, collected on top for an extra lift. 17 Eye-catchers. Close-up on the new lighter look for shadowing. Smooth beiges and taupes open up the eye. Here, two shades from Aziza's new Frosty Lustre Trios; "Glistening Sand" and "Glistening Driftwood."











21

18 Short hair, opposite, looking brand-new, dashing and carefree. One side, tucked back; the other, a full sweep. 19 Try this: with a shiny mouth and frosty eye shadows, balance with no-shine skin. Matte finish makeup lends a fragile, porcelain quality. Here, Creamy "Natural" Liquid Make-up. 20 Instant charge of health—flicks of blusher edging up, around your face. Brush-on Blush in "Natural Pink." 21 The shout-about-it mouth. Bold. Really *the* focal point for the face now. Here, shiny red "Big Apple." All above, by Cover Girl.

Turquoise and red tunics by Gil Aimbez for Genre
Eyeglasses from Meyrowitz

Spring Bags

Surefire way to get the bag you want—make it. Take your pick of handiwork: needlepoint, crochet, embroider, quilt, sew or stencil. Some stow a day's worth of gear; others tuck away mini-treats. Instructions, page 180. By Ann B. Bradley, Crafts Editor.



Top: **INITIAL IT.** *Canvas shoulder bag with flap. Add your monogram and make a bargello rainbow. Coupon for kit, page 180.* **AWNING STRIPES.** *Teenie-tiny shopping bag with string loops. For mad money or gift-giving.*
Center group:
PASTEL PUFFERY. *Dreamy and delicate "shadow quilting" on white moiré bag.* **CHEVRONS.** *One of three bargello bodybags, all based on American quilt patterns.* **GEOMETRICS.** *Bargello squares and stripes. Suede-backed. Bright and right for disco evenings.*
JAPANESE FAN. *Dainty neck pouch (for lipstick and small change?) in a flush of 8 ribbons.*
On the floor:
CRAZY QUILTING. *Drawstring pouch with a Victorian air. Velvets, silks, classic embroidery.*
CHECKERBOARD. *Again, bold bargello in an antique weaving pattern. Brushed denim backing.*

SEWING: THE GROWING WAY TO KEEP IN FASHION

If you sew, you know the pride of saying, "I made it." You also know the joy of being creative...the money you save...and achieving the fit you crave. If you haven't tried your hand at sewing, why not start now? It's the smart way to take the best of today's fashion and adapt it to your personal taste. Begin with simple projects and master the basic skills, step-by-step. As you gain confidence, try putting together more complicated patterns and fabrics. In a quick poll, we found out that "satisfaction" ranked high as the reason to sew. "It's my way of expressing myself." "Sewing is a settling-down thing—calming and creative." Another advantage: flexibility. "Often I go out on Friday lunchtime and buy a fun pattern, make it in a day and have something new and great to wear Saturday night." And cost. "My budget only allows me to buy one or two things. For the same amount, I can sew four to six." No special talents are needed—just a sense of adventure. You'll need a sewing machine (biggest investment), some tools (less than $30 worth) and a few starter lessons (more information, page 174)

On the following pages, we've divided some new pattern looks into three approximate stages: beginner, intermediate and advanced. The pleasure of turning them into free-spirited fashions is up to you. By Trudy Owett, Fashion and Home Sewing Editor.



BEGINNER. *Words like "bobbin" and "dart" might seem foreign to you, but not for long. Start out with simple separates, a basic dress. Pick patterns with few pieces, no zippers, waistbands or complicated "fit." Never fear—have fun with sewing.*

Easy Twosome, *left. Loose-fitting blouse to slip into (no buttons, zippers) and tie over elastic-waisted tapered pants. Both, McCalls Quick & Easy; top, # 6519; pants, # 6516.*

Breezy Dressing, *near right. Simple pullover dress (only 2 pattern pieces, 2 seams) with the new kimono sleeve and easy vest. Simplicity Jiffy # 8778.*

Cool Collectibles, *far right. You'll want several ...unfitted V-neck tee shirt (no details) and slim skirt slit for walking (no-problem elastic waistband). Both, McCalls "90 Minutes": top, # 6251; skirt, # 6515.*

Pattern, fabric and accessory information on page 173.

Photographs by Jim Houghton.
Hair and makeup by Sharon Slattery.



INTERMEDIATE. *You and your machine are really humming along—daring to try details like making buttonholes, setting in sleeves. Advance to a simple jacket and skirt with little construction and few pattern pieces, and you'll turn out your first suit.*

A Pearl of a Suit, *left. Ready-to-go, a patch-pocketed soft jacket with shawl collar (not as hard as notched); narrow skirt has slight gathers, zipper. Simplicity # 8855.*

A Plum of a Dress, *below. New attention to details (shoulder tabs, top stitching). In this pullover style, fit is on the easy side. Simplicity # 8922.*

A Peach of a Shirtwaist, *right. Comfortable dress offers a few challenges (set-in sleeves, buttonholes) but also has fast, elasticized waistband. Quick! Butterick # 6381.*



ADVANCED. *You're a pro. Anything goes. You can make your whole wardrobe. Fit and detailing are conquered. Money saving is high—fabulous designer clothes can be sewn at a fraction of the cost.*

Sophisticated Jersey, *far left. Exaggerated dolman sleeves with extended shoulders. Dress has 12 pattern pieces. Christian Aujard for Vogue # 2047.*

Fit Is Important, *near left. Suit with trim wrap jacket has notched collar, tucked waist; straight skirt with kick pleats; and long-sleeved blouse. Evelyn de Jonge for McCalls # 6574.*

Fine Tailoring, *right. The unconstructed look has to fall just right. Precisely casual jacket with bias trim; beautifully tailored tapered pants; and soft blouse. Calvin Klein for Vogue # 1971.*

Pattern, fabric and accessory information on page 173.

Fun Games & FOOD

Pass the word—parlor games are back. Quick, challenging, amusing for all. Gather up your favorite gamesters (look for *spirit* more than *skill*) and get together a special evening of word, card and board games or hilarious charades. Plan a simple, hearty meal that allows for a breather between courses to sneak in an extra round or two.

By Sue B. Huffman,
Food and Equipment Editor.





How America Entertains

Hands down winner—a party where everyone, even the hostess, has a riotous time. Secret: preparing everything ahead. Plenty of snacks—meat pies, homemade pretzels—to nibble on. Food for thought: tasty corned beef with onions; rhubarb pie. For game ideas, timetable, shopping list, recipes, page 134.

GAMES PARTY
Serves 8

Marvin Gardens Meat Pies
Blue Chip Pretzels
Parcheesi Chive Spread
Lady Luck Savory Dip
Grand Slam Corned Beef
Vegetable Scrabble
Domino Onions
Deuces Wild Salad
Royal Flush Rhubarb Pie
Coffee or Tea

Photograph by Nick Samaras



Whistling Wally, our winsome walrus, is well-to-do with a chocolate cigar, ice cream cone tusks, red licorice whiskers.

Seeing pink elephants? Meet ever-entertaining Ellen, carved from a series of cakes. Extraordinary.

CRITTER CAKES

A zooful of lovable animal cakes—funny, endearing and perfectly delicious for Easter or your next birthday celebration. Don't be scared by their clever looks. They're remarkably easy to create *and* decorate, all from cake mixes, ready frostings and penny candies. **Instructions, page** 128



Nothing slow about Sarah, our snappy turtle. Watch, she'll go like lightning. Shaped from cake rounds with goody-gumdrops.

Photograph by George M. Cochran



Spinach

Crisp and crunchy spinach is a model of strength and vigor. One of the most healthful of all vegetables (Popeye doesn't lie), it's positively bursting with good vitamins (A and C) and minerals. Contrary to past jokes about spinach, boys and girls—in truth—love the tasty greens. Trick is very quick cooking in very little water, or steaming. Serve plain with butter; partner with eggs, cheeses or meats, or save the young tender leaves for salad munching. Great greenery recipes on page 126.





Clockwise from top left: • Spinach Mushroom Salad. Tender leaves piqued with blue cheese, red onions. • Spinach Quiche. Lusty pie, very green, rich, cheese-y. • Spinach Roulade. Healthy rollup of flank steak with stuffing mix, carrots. • Gnocchi Verde. Heavenly Italian classic: eggs, ricotta, fresh Parmesan.

Photograph by Irwin Horowitz

Spinach

continued

FRESH SPINACH AND MUSHROOM SALAD
pictured on page 124

Spinach salad is "de rigueur" in most chic restaurants these days. For a switch, try our version with blue cheese and red onion.

1 bag (10 oz.) fresh spinach, rinsed, drained and torn into bite-size pieces
2 cups (about 4 oz.) sliced mushrooms
½ medium red onion, thinly sliced
2 ounces (½ cup) blue cheese, crumbled
1 garlic clove, crushed
¾ teaspoon salt
¼ teaspoon thyme
6 tablespoons olive oil
2 tablespoons white wine vinegar
Freshly ground pepper

In large salad bowl combine spinach, mushrooms, onion and blue cheese. Set aside.

In small jar combine garlic, salt, thyme, oil and vinegar. Shake well. Pour over salad and toss lightly. Serve immediately with freshly ground pepper. Makes 4 servings, about 275 calories each.

SPINACH QUICHE
pictured on page 125

If you don't have a quiche pan, use an 8-inch pie plate (or a 9-inch frozen pie shell).

1 package (10 oz.) fresh spinach, rinsed, trimmed and drained, or 1 package (10 oz.) frozen chopped spinach, cooked according to package directions, drained well
2 tablespoons butter or margarine
⅓ cup chopped shallots or white part of green onion, chopped
½ cup heavy or whipping cream
½ cup milk
3 eggs, lightly beaten
½ teaspoon salt
Dash pepper
Pastry for a 9-inch pie shell
1 cup (4 oz.) shredded Swiss cheese

If using fresh spinach, place in medium saucepan with only the water that clings to the leaves; cover and cook, until wilted, about 5 minutes. Drain well and finely chop.

In same saucepan melt butter or margarine. Add cooked spinach and shallots; sauté until tender and very dry, 3 to 5 minutes; set aside and cool. Add cream and the next four ingredients to spinach mixture; stir until well mixed.

Meanwhile, preheat oven to 425°F. Roll out pastry to an 11-inch circle, about ⅛ inch thick. Fit into a 9-inch quiche pan with a removable bottom or 8-inch pie plate; flute edge. To keep shell from shrinking, place a 9-inch round cake pan in quiche pan. (Or for 8-inch pie plate press a piece of foil along bottom and sides; fill with uncooked rice or beans.) For quiche pan, bake 15 minutes; remove cake pan and bake 5 to 8 minutes more until slightly golden. (For 8-inch pie plate, bake 8 to 10 minutes; remove foil and bake 3 to 5 minutes more.) Remove from oven. Sprinkle cheese on crust. Carefully pour in spinach filling. Return to oven and bake for 30 minutes or until knife in center comes out clean. Makes 6 servings, about 390 calories each.

SPINACH ROULADE
(Spinach Stuffed Flank Steak)
pictured on page 125

Packaged corn bread stuffing mix is the secret ingredient in this recipe.

Stuffing
¼ cup butter or margarine
1 bag (10 oz.) fresh spinach, rinsed, drained and chopped or 1 package (10 oz.) frozen chopped spinach, thawed and drained
2 medium carrots, peeled and diced
1 medium onion, chopped
1 package (6 oz.) corn bread skillet stuffing mix
2 pounds trimmed beef flank steak
Salt
Pepper
¼ cup salad oil
1¾ cups beef broth
½ cup water
Bay leaf

To prepare stuffing: Melt butter or margarine in medium saucepan. Add chopped spinach, carrots and onion and sauté 2 to 3 minutes. Add amount of water called for on the stuffing package and enclosed seasoning packet, if any. Cover and simmer 6 to 8 minutes. Add corn bread stuffing from mix. Remove from heat and stir with fork. Taste for seasonings; set aside.

Place meat on cutting board. With sharp knife, held parallel to the meat, cut the meat lengthwise around 3 sides. Leave about 1 inch of uncut meat along the other long side. Open the meat, place between 2 sheets of waxed paper and pound with a mallet to flatten and tenderize. Sprinkle with salt and pepper. Spoon stuffing on meat, leaving a ½-inch border. (If you cut through the flank steak by accident, slice a thin piece off the end where it won't affect the pocket and use it as a patch to plug the hole.) Carefully roll up the meat with the grain, jelly-roll fashion, into a tight roll. Tie securely with string every 2 inches to form a long neat bundle.

In large Dutch oven or heavy casserole heat oil. Add rolled meat and brown on all sides. Add beef broth, water and bay leaf. Bring to a boil, cover; reduce heat and simmer until meat is tender, about 1 to 1½ hours, turning meat occasionally. Remove meat from broth to serving platter; discard strings. To serve, cut into ½-inch thick slices. Remove bay leaf from broth and pour some broth over sliced steak; pass remaining. Makes 6 servings, about 495 calories each without broth.

GNOCCHI VERDE
(Spinach Dumplings)
pictured on page 125

A splendid side dish with just about any menu.

4 tablespoons butter or margarine
2 packages (10 oz. each) fresh spinach, cooked, well drained and chopped or 2 packages (10 oz. each) frozen chopped spinach, thawed and well drained
¾ cup ricotta cheese
2 eggs, lightly beaten
6 tablespoons flour
1 cup (4 oz.) freshly grated Parmesan cheese
½ cup regular, cooked, enriched farina or cream of wheat (do not use instant)
½ teaspoon salt
¼ teaspoon pepper

In medium skillet melt 2 tablespoons of butter or margarine over medium heat. Add cooked spinach and cook, stirring constantly, for 2 to 3 minutes, or until moisture has evaporated. Add ricotta cheese and cook 3 to 4 minutes longer. Spoon spinach into large bowl, cool slightly. Add eggs, flour, ½ cup grated cheese, farina, salt and pepper. Stir until all ingredients are well blended. Cover and refrigerate for 30 minutes to 1 hour, until firm.

Preheat oven to 400°F. Bring a large saucepan of salted water to a simmer over medium heat. With lightly oiled hands, shape the spinach mixture into 1½-inch balls. Gently drop balls into simmering water. Cook, uncovered, until they rise to the top and are slightly puffed and firm, about 6 minutes. Remove gnocchi with slotted spoon; place in greased 9-inch square baking dish.

Melt remaining 2 tablespoons butter or margarine; pour over gnocchi. Sprinkle with remaining cheese and bake for 5 minutes or until cheese melts. Serve immediately, with additional grated cheese, if desired. Makes 6 servings, about 280 calories each.

EGGS FLORENTINE
pictured on page 157

A spectacular brunch dish; also good for Sunday night supper.

3 bags (10 oz. each) fresh spinach, rinsed, drained and stems removed, or 3 packages (10 oz. each) frozen chopped spinach, cooked according to package directions (omit salt), drained
7 tablespoons butter or margarine
2 garlic cloves, halved
1 teaspoon salt
¼ cup flour
Pinch nutmeg
2 cups milk
¾ cup (3 oz.) shredded Muenster cheese
⅓ cup (about 1½ oz.) shredded Gruyère or Swiss cheese
½ teaspoon white vinegar
6 eggs
Freshly ground pepper

Lightly grease a shallow baking dish (about 1½-quart); set aside.

If using fresh spinach, place in a large pot, cover and cook over medium-low heat with only the water that clings

(continued on page 157)

HAWAII

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Campbell Soup Company. Camden, N.J. 08101. U.S.A.

Island-Style Chicken

1 can (about 8 ounces) pineapple chunks in heavy syrup
2 pounds chicken parts
2 tablespoons shortening
1 can Campbell's Chicken Broth
¼ cup vinegar
2 tablespoons brown sugar
2 teaspoons soy sauce
1 large clove garlic, minced
1 medium green pepper, cut in squares
3 tablespoons cornstarch
¼ cup water

Drain pineapple chunks, reserving syrup. In skillet, brown chicken in shortening; pour off fat. Add reserved syrup, broth, vinegar, sugar, soy, and garlic. Cover; cook over low heat 40 minutes. Add green pepper and pineapple chunks; cook 5 minutes more or until done. Stir occasionally. Combine cornstarch and water; gradually stir into sauce. Cook, stirring until thickened. Serve with cooked parsleyed rice. Makes 4 servings.



Cookbook offer: Enjoy the art of good cooking with Campbell's brand-new cookbook—"The Creative Cook," containing over 250 outstanding recipes. Just send $2.50 (check or money order only) with your name, address and zip code to: CREATIVE COOK, Box 9108, Clinton, Iowa 52732. Offer good only in U.S.A. Allow 8 weeks for delivery. Void if taxed, restricted or forbidden by law. Offer expires June 30, 1979.

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Everyone gets carried away with this combination. Simply stir Cheez Whiz process cheese spread into hot tomato soup. Discover this savory little meal that moves fast foods into the next dimension.
Cheez Whiz
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15. Use thin pretzel sticks for props instead of toothpicks.

16. If you wish to level cake, use a long, serrated-edge knife to cut off any mounds or humps.

17. To make gumdrop hair, beanie, tongues, etc.: Place desired colored gumdrop in small plastic bag with ¼ cup sugar. Roll firmly with rolling pin, shaking bag often until gumdrop is flat (about 1/16-inch thick) and coated with sugar. Remove from bag and cut into desired shape.

18. To shape licorice: Preheat oven to 325°F. Place licorice on baking sheet and warm until soft, about 3 to 5 minutes. Shape as desired and hold firmly until cooled.

19. For marshmallow eyes: Cut a marshmallow in half. Roll into proper shape with a rolling pin on lightly floured surface. Cut into desired shape.

All cakes pictured on pages 122–123

TOMMY THE TURTLE

(completed cake size is 15x8 inches)

1 package (18.5 to 19 oz.) your favorite cake mix
1 can (16.5 oz.) lemon-flavored ready-to-spread frosting
About ½ teaspoon green food coloring
20 to 25 multi-colored ring gumdrops, cut in half for shell, mouth and feet
2 large orange gumdrops, for beanie
½ small red gumdrop, for eye
½ miniature marshmallow, for eye
2 small pieces red licorice lace, one for eyebrow, one for beanie

Read basic directions on this page before beginning. Prepare one 9-inch round cake pan and one 10-oz. oven-proof glass custard cup as directed; set aside.

Preheat oven to 350°F. Prepare cake mix as package label directs. Fill cake pan (about 4 cups) and custard cup (about ½ cup) ⅔ full with batter. (Make cupcakes with remaining batter, if you like). Bake cakes 20 to 30 minutes or until a toothpick inserted in center of each comes out clean. Cool and invert cakes onto cake racks. *(continued)*

CRITTER CAKES

continued from page 123

BASIC DIRECTIONS FOR PREPARING ALL CAKES

1. Preheat oven according to package directions.

2. Generously grease baking and/or cake pans with solid shortening. Sprinkle with flour, tap out excess.

3. When baking more than one pan at a time, place pans so they do not touch each other or sides of oven. This helps air circulate freely so cakes will bake evenly.

4. Check doneness by inserting a toothpick into center of cake. It should come out clean and dry.

5. Before removing cakes from pans, cool on wire racks for length of time specified on the label.

6. Remove cake from pan and cool completely on wire rack before frosting.

7. Invert cakes before frosting (bottom sides are smoother, flatter and easier to work with).

8. Brush off all loose crumbs before frosting.

9. To keep serving tray clean, tuck strips of waxed paper beneath cake pieces before frosting. Slide strips away when finished.

10. If you don't have a tray or platter large enough, cover a large piece of cardboard with aluminum foil, tucked under and taped to the board in back. (If you do this, paper strips aren't necessary.)

11. We've always found frosting cut sides of cake tricky. We often wrap cut cake pieces loosely and freeze them. Once frozen they're much easier to frost. We suggest you frost each cut piece, leaving balance in freezer until ready to work.

12. Always frost sides first, then top of cake.

13. For a smoother finish, dip a metal spatula frequently in hot water and go over frosting on cake to get desired finish.

14. Use dabs of frosting as glue to hold gumdrops, etc.

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DINNERS
Macaroni & Cheese Dinner
YOU KNOW THEY'RE GOING TO LIKE IT.
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WALLY THE WALRUS
(completed cake size 18x16 inches)

2 packages (18.5 to 19 oz. each) your favorite cake mix
1 can (16.5 oz.) vanilla-flavored ready-to-spread frosting
1 can (16.5 oz.) chocolate ready-to-spread frosting
2 sugar ice cream cones, for tusks
6 pieces red licorice lace (about 60 inches total), for moustache
½ marshmallow, for eyes
½ large green gumdrop, for eyes
1 large black gumdrop, for nose
1 chocolate cigar (optional)

Read basic directions on page 128 before beginning. Prepare one 13x9-inch baking pan and one 9-inch round cake pan as directed; set aside.

Preheat oven to 350°F. Prepare cake mixes as package label directs, one package at a time. Fill 13x9-inch pan with one batch of batter. Fill 9-inch round pan ⅔ full with second batch of batter. (Use remaining batter to make cupcakes.) Bake cakes and cool as directed on package.

To shape walrus: See diagram A, below. Cut 9-inch round cake into sections 1, 2 and 3. Using a 5-inch plate as a guide, cut section 5 from section 4 on 13x9-inch cake.

To frost and decorate: See diagram B, below, and color illustration, page 122. Set aside ¼ cup vanilla- *(continued)*

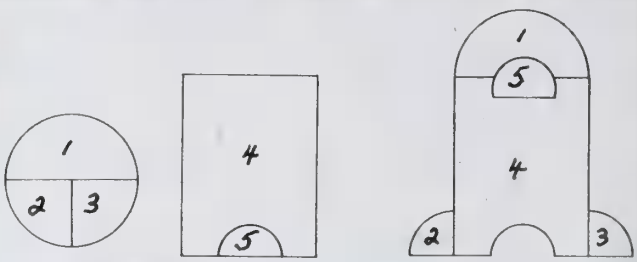


Diagram A Diagram B

CRITTER CAKES

continued

To shape turtle: See diagram A, below. Cut the 9-inch round cake into 2 sections; one section 5½ inches wide and small remaining section into three pieces.

To frost and decorate: See diagram B, below and color illustration, page 123. On serving platter arrange all cake pieces, as illustrated in diagram B. Frost sides and top of turtle shell (piece number 1) with lemon frosting. Place remaining lemon frosting in small mixing bowl and add green food coloring; stir until well combined. (The color deepens after about 30 minutes.) Frost sides and tops of remaining cake pieces (numbers 2 through 5) with green frosting. Place one halved red gumdrop ring on side of head (piece number 5) for mouth. For beanie, roll out one orange gumdrop (as directed on page 128) and cut notches; place on turtle head. Put remaining gumdrop on beanie; secure with a dab of frosting. Use a toothpick to make a hole through gumdrop. Secure with a piece of licorice lace from gumdrop to head. Arrange marshmallow and small red gumdrop for eye and piece of licorice for eyebrow. Arrange 4 halved ring gumdrops on legs for feet. Place remaining gumdrops in rows for the "shell." Use remaining frosting to glue pieces.

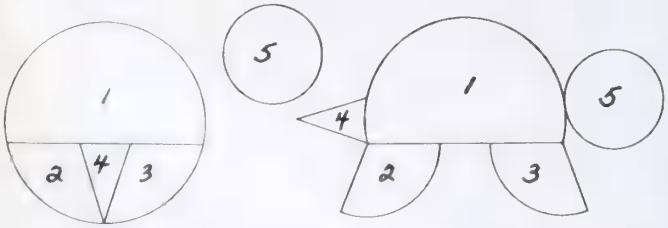


Diagram A Diagram B



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Half the fat of regular American process cheese and fewer calories too. That's why we call Light n' Lively "The Lean American."

Skipping half the fat is only half the fun of Light n' Lively process cheese product. The other half is enjoying the delicious, mellow all-American cheese flavor.

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Get on the UP cycle.

Whatever your favorite form of exercise – swimming, jogging, bicycling – make it a part of your daily cycle. And with the delicious, rewarding flavor of the Lean American, Light n' Lively from Kraft, you'll stay in high gear.



Lean Green Salad.

Dice. Slice. And shred. All your favorite low-cal vegetables in a health-giving garden salad. Like tomato wedges. Cucumber rounds. Red onion rings. Cut green beans. On a bed of fresh, luscious spinach leaves. Topped with tuna. And of course, mellow chunks of the Lean American – Light n' Lively process cheese product.

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For all-American flavor and half the fat of regular American process cheese, switch to Light n' Lively from Kraft and you'll be in high gear. Another reason America spells cheese KRAFT.



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The Lean American

FAST FOOD

RUNAWAY RAREBIT

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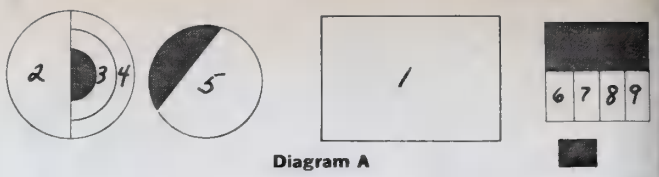


Diagram A

cool as directed on package; see basic directions page 128.

To shape elephant: See diagram A, above. Cut 9-inch round cake in half and reserve number 2 for head. Take other half of cake and using a compass or 6-inch round plate as a guide, cut out sections 3 and 4, about 1½ inches wide, for the tail and trunk. Cut a 2½-inch wide piece from the 8-inch round cake leaving larger piece number 5 for the ear. Cut the 8-inch square cake in half. Cut one half into 4 equal sections for numbers 6 through 9. (Shaded areas in diagram will not be needed. Save cake scraps for snacks.)

To frost and decorate: See diagram B, below, and color illustration, page 122. On serving platter arrange all cake pieces, as illustrated in diagram B. Trim a small section from one end of the tail (piece 3), so it will fit against piece 1. Set aside 1 tablespoon frosting. Frost sides and top of cake. Roll 3 orange gumdrops into ovals about 4x2 inches. Cut slits along one edge and position on top of head. Glue 2 fruit slices together with some of the reserved frosting. Attach sugar cone to slices with some of the reserved frosting and stick a green gumdrop on top. Attach to orange gumdrop hair with additional frosting. Trim red jellied fruit slice for mouth and attach. See page 122, to finish decorating. **End**

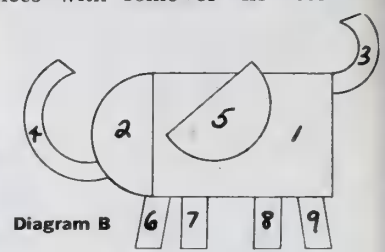


Diagram B

CRITTER CAKES

continued

flavored frosting; cover. In medium bowl use electric mixer to blend remaining vanilla frosting with chocolate frosting. On serving platter arrange all cake pieces, as illustrated in diagram B. Frost sides and top of cake with chocolate frosting. Use tines of fork to simulate fur and hair. Use reserved vanilla frosting to ice cones, set in place on cake. Cut licorice lace into 3-inch pieces; attach for moustache. See color photo, page 122, to finish the face.

ELLEN THE ELEPHANT

(completed cake is 25x15 inches)

3 packages (18.5 to 19 oz. each) your favorite cake mix
2 cans (16.5 oz. each) cherry-flavored ready-to-spread frosting
12 small red gumdrops, for toenails
3 large orange gumdrops, for hair
2 lemon jellied fruit slices, for hat
1 red jellied fruit slice, for tongue
½ small green gumdrop, for eye
½ marshmallow, for eye
1 piece red licorice lace, about 13 inches long, for eyebrow and bow on tail
1 sugar ice cream cone, for hat
1 small green gumdrop, for top of hat
1 lollipop

Read basic directions on page 128 first. Prepare one 13x9-inch baking pan, one 9-inch and one 8-inch round cake pan and one 8-inch square baking pan as directed.

Preheat oven to 350°F. Prepare cake mixes as label directs, but prepare one package at a time. Fill 13x9-inch baking pan with batter from one cake mix. Divide second batch of batter between the 2 round cake pans. Fill the 8-inch square pan ⅔ full (about 3 cups) with the third batch of batter. (Use remaining batter to make cupcakes.) Bake cakes, and

FAST FOOD

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Beat together 2 eggs, 2 T. water, dash salt and pepper. For a bigger omelet use 3 eggs and 3 T. water.



Heat 1 to 2 T. butter in Teflon-coated omelet pan over medium-high heat until butter foams. Pour in eggs.



With plastic pancake turner move cooked eggs at edges to center.



As you push cooked eggs to center, tip and tilt pan so uncooked eggs can move to pan surface to cook.



Fill on left side while top is still moist and creamy. Slip turner under unfilled side and fold over filling.



Tip omelet in pan over heated plate, then turn omelet out onto plate.

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Games & FOOD

continued from page 121

GAMES PARTY

Serves 8

MARVIN GARDENS MEAT PIES
BLUE CHIP PRETZELS
PARCHEESI CHIVE SPREAD
LADY LUCK SAVORY DIP
GRAND SLAM CORNED BEEF
VEGETABLE SCRABBLE
DOMINO ONIONS
DEUCES WILD SALAD
ROYAL FLUSH RHUBARB PIE
COFFEE OR TEA

FOOD CHECKLIST

- 4 to 5 lb. corned beef brisket
- ½ pound ground beef
- 4 slices bacon
- 1 bunch broccoli
- 1 small head lettuce
- 2 bunches carrots
- 5 to 6 potatoes
- 1 bunch parsley
- 32 (1 lb.) small whole onions
- 6 to 7 onions
- 1 stalk celery
- 1 bunch green onions
- 1 jar (7¾ oz.) roasted sweet red peppers
- 2 tablespoons chopped chives
- ½ cup dark seedless raisins
- 1 container (8 oz.) sour cream
- 2½ cups (10 oz.) sharp Cheddar cheese, shredded
- 1 package (8 oz.) cream cheese
- 4 ounces blue cheese
- 1 tablespoon whole cloves
- 2 teaspoons dry mustard
- ⅓ cup olive oil
- ¼ teaspoon dried mint
- 2 tablespoons chutney
- 1 green pepper
- 1 can (8 oz.) whole tomatoes
- 5 garlic cloves
- Tomato paste
- 1 orange—for peel
- 1½ lb. fresh rhubarb or 1 package (16 oz.) frozen chopped rhubarb
- 1 package active dry yeast
- ¼ cup coarse salt (kosher)
- 2 packages (10 to 11 oz.) pie crust mix
- Beer
- Lemons

Staples to have on hand

- All-purpose flour
- Sugar
- Salt
- Pepper
- Eggs
- Milk
- Garlic salt
- Curry powder
- Bay leaf
- Bottled red pepper sauce
- Worcestershire sauce
- Butter or margarine
- Shortening
- Whole peppercorns
- Thyme

SCHEDULE FOR GAMES PARTY

Up to one month before:

1. Invite guests.
2. Inventory supplies.
3. Purchase non-perishable items.
4. Select serving dishes.
5. Check liquor inventory.
6. Prepare and bake pretzels; wrap well and freeze.
7. Prepare and bake rhubarb pie; wrap well and freeze.
8. Prepare and bake meat pies; wrap well and freeze.

Two days before:

1. Purchase perishable ingredients.
2. Order flowers, if desired.
3. Make ice.

One day before:

1. Prepare dips and salad; cover and refrigerate.
2. Cook corned beef and glaze; do not bake. Cover with foil and refrigerate.
3. Prepare casserole; do not bake. Wrap well and refrigerate.
4. Chill beer.

Morning of party:

1. Set table.
2. Remove pretzels, meat pies and rhubarb pie from freezer; let stand at room temperature.
3. Wash lettuce leaves; refrigerate.

Three hours before party:

Prepare and cook onions; let stand, covered, at room temperature.

One hour before party:

1. Arrange broccoli salad and lettuce leaves on serving platter. Cover with plastic wrap and refrigerate.
2. Arrange pretzels and meat pies on serving platters. Wrap lightly; set aside.
3. Spoon dips into serving bowls; cover lightly.

One hour before serving:

1. Place casserole in oven and bake.
2. Begin baking corned beef.

As guests arrive:

1. Serve dips, pretzels and meat pies.
2. Serve beer.

Fifteen minutes before serving dinner:

1. Remove corned beef from oven; slice and arrange on serving platter.
2. Reheat onions and arrange on serving platter with meat.
3. Prepare coffee—but do not brew.

Serving timetable:

1. Serve corned beef and onions, broccoli salad, vegetable casserole. *(continued)*



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Sale 309.95 Undercounter dishwasher
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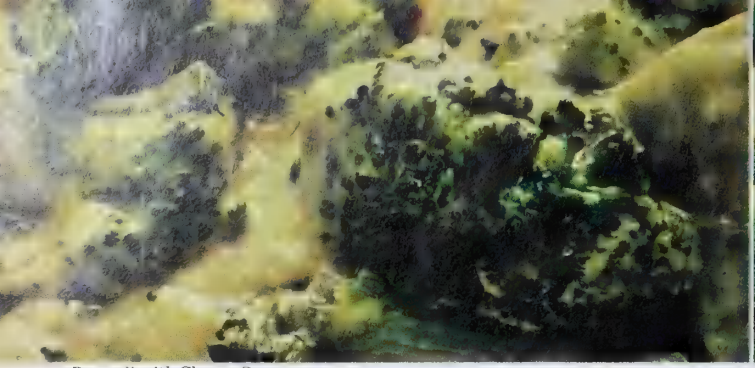
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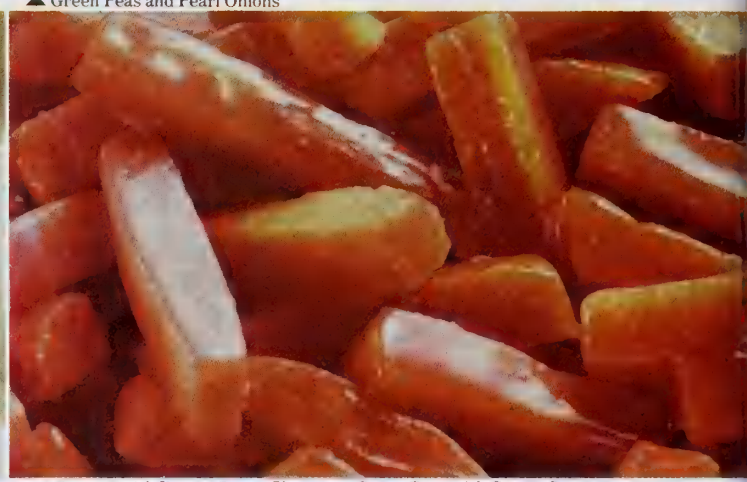
▲ Broccoli with Cheese Sauce



▲ Green Peas and Pearl Onions



▲ Small Onions with Cream Sauce



▲ Carrots with Brown Sugar Glaze

▼ French Green Beans with Mushrooms

▼ Green Peas with Cream Sauce





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In short, they're vegetables that your husband can't ignore. That's because Birds Eye® Combinations will catch his passing fancy... the kind that makes him keep on asking you to pass the vegetables over to him.



BIRDS EYE

Birds Eye® Combinations.

The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.

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continued

2. Later in the evening, serve rhubarb pie with coffee or tea, if desired.

all pictured on pages 120–121

MARVIN GARDENS MEAT PIES

You'll want to keep a supply of these meaty appetizers in your freezer.

Filling
- ½ pound ground beef
- 1 cup finely chopped onion
- 1½ tablespoons finely chopped green pepper
- 1½ tablespoons finely chopped parsley
- 1 garlic clove, crushed
- ⅓ cup canned whole tomatoes, drained and chopped (about 2)
- 2 tablespoons tomato paste
- 1 egg
- ¾ teaspoon salt
- ¼ teaspoon dried mint
- Dash pepper

Pastry
- 1½ packages (10 to 11 oz. each) pie crust mix
- ¼ teaspoon garlic salt
- 6 to 7 tablespoons cold water

Filling: In large bowl combine first 4 ingredients. Add remaining filling ingredients and toss well with fork until well mixed. Set aside while preparing pastry. *Pastry:* Grease 2 large cookie sheets. In medium bowl combine pie crust mix, garlic salt and enough water to moisten mixture; shape into a ball. Divide into thirds. Roll out the pastry, ⅓ at a time, on a lightly floured surface to ⅛-inch thickness. With a 2¼-inch round cookie cutter, cut dough into circles and place on cookie sheet. Spoon a measuring teaspoonful of meat filling into center of each circle. Bring 2 opposite edges together over filling and pinch together firmly on top. Preheat oven to 425°F. Bake for 15 minutes or just until lightly golden at edges. Cool on wire racks. Repeat, rolling out remaining dough. *(Can be made in advance to this point. Transfer to freezer container; cover and freeze up to 1 month. To serve, let thaw at room temperature, wrapped, at least 3 hours.)* Makes about 8 dozen, about 35 calories each.

BLUE CHIP PRETZELS

Homemade pretzels—lots of fun to make and they freeze beautifully.

- ¾ cup water
- 2 tablespoons butter or margarine
- 1 package active dry yeast
- 2¼ cups unsifted all-purpose flour
- 1½ teaspoons sugar
- 1 teaspoon salt
- 1 egg
- ¼ cup coarse salt (kosher)

Grease 2 large cookie sheets; set aside. In small saucepan heat water and butter or margarine until warm (105°-115°F.). Pour into large mixer bowl; add yeast and stir until dissolved. Add flour, sugar and salt and beat until smooth. Place dough on lightly floured board; knead 8 to 10 minutes until smooth and elastic. Place in lightly greased bowl; turn over once. Cover and let rise in warm place approximately 45 minutes or until doubled in bulk. Divide dough into 2 portions and shape each into a ball. Roll out one portion with rolling pin into 12x8-inch rectangle. Cut into 24 8x½-inch strips. Roll each strip into a 10-inch rope. Keep remaining dough covered while shaping pretzels. Place on cookie sheet and twist into a pretzel shape. Repeat with remaining dough. Let rise in warm place 45 minutes or until doubled in bulk.

Preheat oven to 425°F. In small bowl beat egg; brush on pretzels. Sprinkle with coarse salt. Bake 10 to 12 minutes or until golden brown. Let cool on wire racks. *(Can be prepared in advance to this point. Transfer to freezer container; cover and freeze up to 1 month. To serve, thaw, wrapped, at room temperature, up to 3 hours.)* Yields 48 pretzels, about 30 calories each.

PARCHEESI CHIVE SPREAD

An all-purpose blue cheese dip, great with crackers, vegetables or pretzels.

- 1 package (8 oz.) cream cheese, softened
- 1 garlic clove, crushed
- 2 tablespoons milk
- 1 teaspoon Worcestershire sauce
- 4 ounces (1 cup) blue cheese, crumbled
- 2 tablespoons chopped chives

In small bowl, place first 4 ingredients and stir until smooth. Fold in blue cheese and chives until well mixed. Refrigerate until serving time. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours.)* Makes 1½ cups, about 55 calories per tablespoon without pretzels.

LADY LUCK SAVORY DIP

A quick chutney dip as good with crudités as our homemade pretzels.

- 4 slices bacon, diced
- 1 cup (8 oz.) sour cream
- 2 tablespoons chutney, finely chopped
- ¼ teaspoon curry powder
- Dash bottled red pepper sauce
- 3 tablespoons chopped green onions

In small skillet cook bacon until crisp; drain well on paper towels and set aside.

In small bowl combine sour cream, chutney, curry powder and pepper sauce until well mixed. Fold in bacon and green onions. Cover and refrigerate at least 1 to 2 hours before serving. *(Can be made in advance to this point. Cover and refrigerate up to 24 hours.)* Serve with pretzels. Makes about 1¼ cups, about 40 calories per tablespoon without pretzels.

GRAND SLAM CORNED BEEF

A superb entrée, corned beef should not be limited to St. Patrick's Day.

- 4 to 5 pound corned beef brisket
- 1 medium onion, peeled and halved
- 2 garlic cloves, quartered
- 1 bay leaf
- ½ teaspoon whole peppercorns

Glaze
- ⅓ cup brown sugar
- 2 tablespoons reserved corned beef liquid
- 2 teaspoons dry mustard
- Dash bottled red pepper sauce

Whole cloves, for garnish

Corned beef: Place corned beef and remaining ingredients in large saucepot or Dutch oven. Add enough water (about 3 quarts) to cover meat. Heat to boiling over medium heat. Cover and reduce heat; simmer 3½ to 4 hours or until meat is tender when tested with fork. Remove from heat. Remove meat from broth and place in shallow roasting pan. Reserve broth for Domino Onions, page 138. Let meat stand while making glaze. *Glaze:* In small bowl combine brown sugar, broth, mustard and hot pepper sauce; set aside. With a sharp knife, score corned beef; stud with cloves. Spoon glaze over meat. *(Can be made ahead to this point. Wrap well in foil; refrigerate up to 24 hours. Remove from refrigerator 1 hour before serving time. Preheat oven to 350°F. Bake 45 minutes in foil.)* If meat has not been refrigerated, bake at 350°F. for 20 minutes. Remove from oven; place on heated serving platter and slice. Arrange *(continued)*

APRIL RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchens and advertisements. All have been tested by our home economists.

APPETIZERS
Blue Chip Pretzels p. 137
Lady Luck Savory Dip p. 137
Marvin Gardens Meat Pies p. 137
Oysters Rockefeller p. 157
Parcheesi Chive Spread p. 137

BREADS
Bacon Buns p. 82
Corn Bread with Blueberries p. 79
Dark Rye Bread p. 79
French Bread p. 78
Golden Wheat Germ Refrigerator Bread p. 79
Onion-Herb Batter Bread p. 78
Sheepherder's Bread p. 78

DESSERTS
Chocolate Mousse Pie p. 73
Cool Whip's Beautiful Blueberry Yogurt Pie p. 81
Cool Whip's Tangy Yogurt Pie p. 81
Creamy Coconut Pie p. 73
Ellen the Elephant p. 132
Frosty Ambrosia Pie p. 73
Royal Flush Rhubarb Pie p. 141
3 Minute Yogurt Pie p. 80
Tommy the Turtle p. 128
Wally the Walrus p. 130

ENTREES
Chicken Caruso and Rice p. 138
Easy Onion Chicken p. [illegible]
Eggs Florentine p. 126
Glazed Pork Kabobs p. 4
Grand Slam Corned Beef p. 137
Grilled Cheese . . . Fill 'em with p. [illegible]
Island-Style Chicken p. 127
Spinach-Chicken Tetrazzini p. 158
Spinach Quiche p. 126
Spinach Roulade p. 126

MISCELLANEOUS
Omelets p. 133
Quick Dash with Worcestershire p. 88
Start with a Carton of Yogurt p. 88

SALADS
Deuces Wild Salad p. 141
Fresh Spinach and Mushroom Salad p. 126
Mandarin Salad p. 134
Wilted Spinach and Bacon Salad p. 158

SIDE DISHES
Domino Onions p. 138
Gnocchi Verde p. 126
Spinach Ring p. 157
Vegetable Scrabble p. 138

SOUPS
Basque Beef and Squash Soup p. 77
Black Bean Soup p. 76
Broccoli Soup p. 77
Carrot Vichyssoise p. 77
Chicken Gumbo Soup p. 76
Cream of Spinach Soup p. 157
Mediterranean Fish Soup p. 77

Domino Onions around meat, if desired. Serve immediately. Makes 8 servings, about 485 calories each without onions.

VEGETABLE SCRABBLE

A three-vegetable combo in a creamy, cheesy casserole.

3 quarts water
6 cups (about 1½ lbs. large) peeled and diced carrots
1 tablespoon salt
3 cups (about 3 large) peeled and chopped potatoes
⅓ cup butter or margarine
1 large onion, chopped
2½ cups (10 oz.) shredded sharp Cheddar cheese
3 tablespoons chopped parsley
1½ teaspoons salt
⅛ teaspoon pepper

Grease 2-quart casserole; set aside. In large saucepan place water, carrots and salt. Cover; bring to boil over medium heat and cook 10 minutes. Add potatoes; cook 10 to 15 minutes more until vegetables are tender. Remove from heat; drain. In same saucepan, mash carrots and potatoes until smooth with a vegetable masher or electric mixer. Cover and keep warm; set aside.

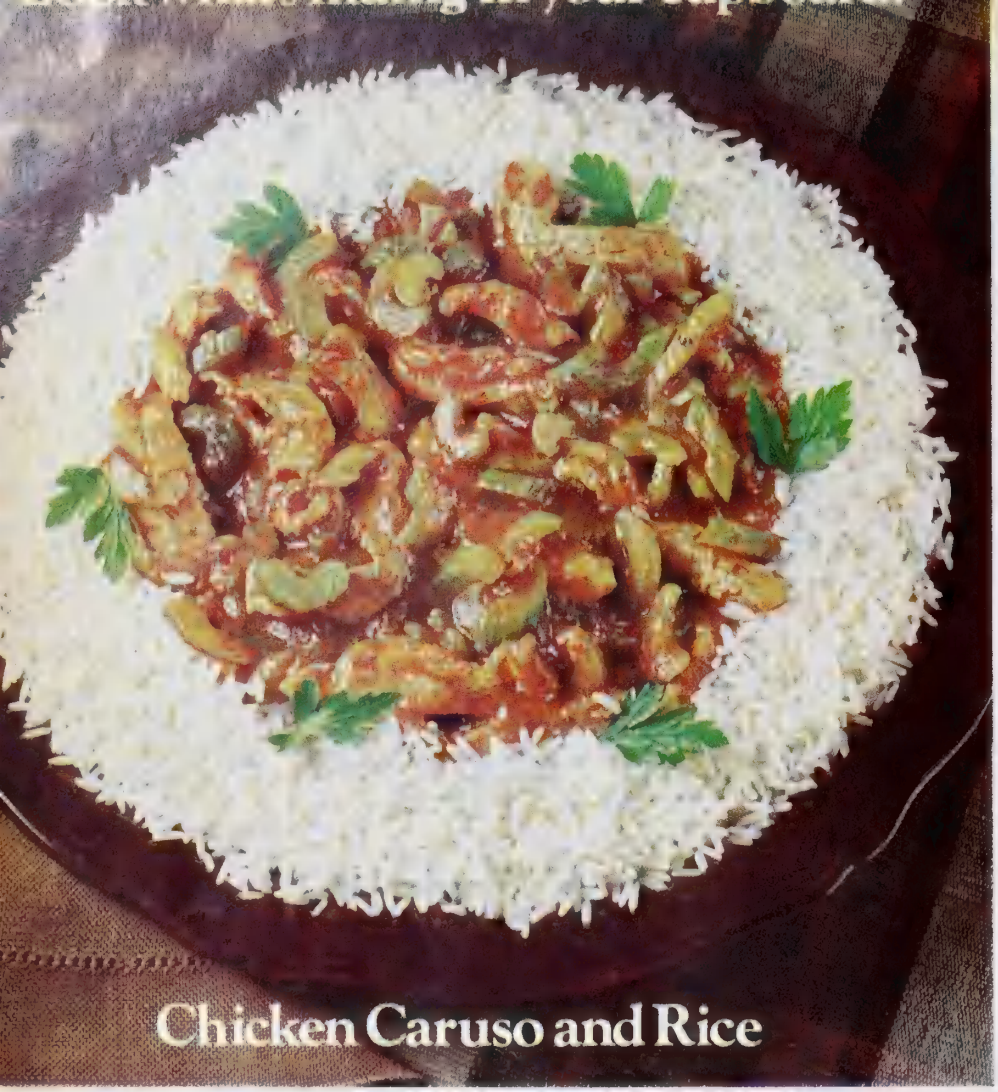
Meanwhile, in small skillet melt butter or margarine over low heat. Add onion and sauté until tender, about 3 to 5 minutes. Add to mashed potatoes-carrots with remaining ingredients. Spoon into prepared casserole. *(Can be prepared in advance to this point. Cover and refrigerate up to 24 hours.)* Preheat oven to 375°F. Bake 45 minutes. Makes 8 servings, about 240 calories per serving.

DOMINO ONIONS

A perfect accompaniment to the Grand Slam Corned Beef.

¼ cup butter or margarine
32 (1 lb.) small whole white onions, peeled
2 teaspoons sugar
½ cup broth (reserved from corned beef or beef broth)
½ cup dark seedless raisins
⅛ teaspoon salt
Dash pepper

In large skillet melt butter or margarine over medium heat. Add onions and sprinkle with sugar; sauté until golden, shaking pan frequently to brown onions evenly. Add broth, raisins, salt and pepper and bring to a boil. Reduce heat; cover and simmer 25 minutes or until onions are tender. *(Can be prepared in advance to this point. Let stand, covered, at room temperature up to 2 hours. Reheat before serving.)* Remove cover; increase heat to medium, cook 5 minutes more. Makes 8 servings, approximately 120 calories each. *(continued)*



Chicken Caruso and Rice

A little rice can turn ordinary chicken into a delicious, hearty meal the whole family will love. Rice makes your dishes go further and taste better. It even makes them look more appealing.

And you can use rice in many different ways: as a side dish, in casseroles, desserts, mixed with vegetables, even in salads. So whenever you want a quick and easy, good-tasting meal—remember rice. Then see what's hiding in your cupboard.

Chicken Caruso and Rice

2 whole chicken breasts (about 1½ pounds), skinned, boned, and cut in thin strips
Garlic salt and pepper
3 tablespoons butter or margarine
1 jar (15½ ounces) spaghetti sauce (2 cups)
1 teaspoon Italian seasoning
2 cups sliced celery
3 cups hot cooked rice

Season chicken with garlic salt and pepper. Saute in butter about 2 minutes. Stir in spaghetti sauce and Italian seasoning; cover and simmer 10 minutes. Add celery; continue cooking until celery is tender crisp. Serve over beds of fluffy rice. Sprinkle with grated Parmesan cheese, if desired. Makes 6 servings.

For more easy-to-make rice recipes, write to:
Rice Council of America, Dept. L,
Box 22800, Houston, Texas 77027

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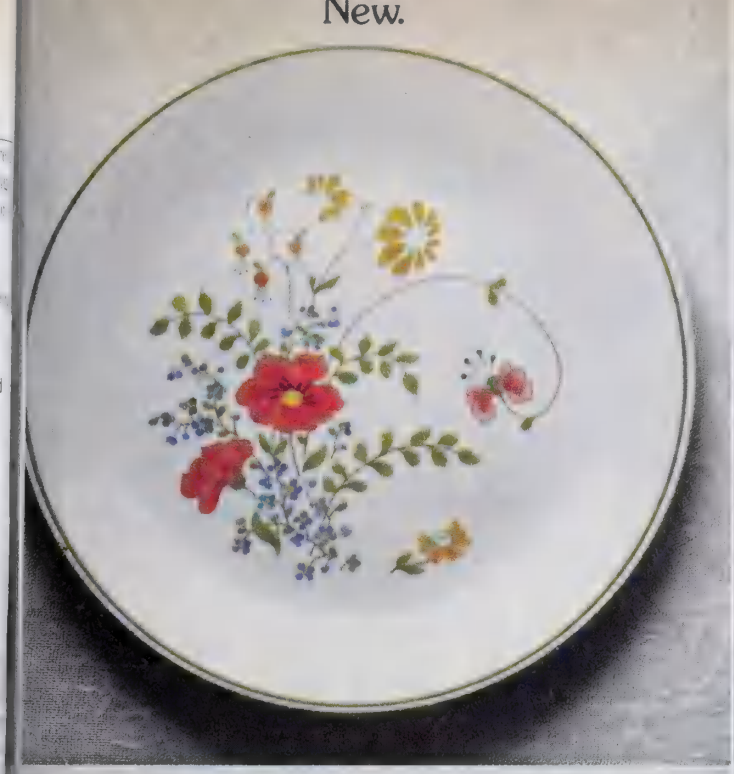
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Get the Rice out.
Rice Council of America

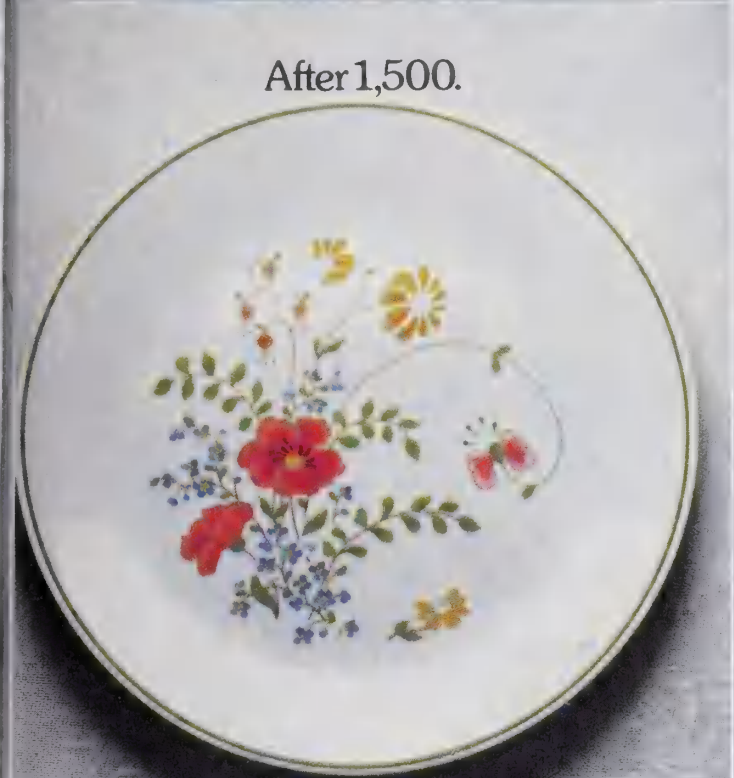
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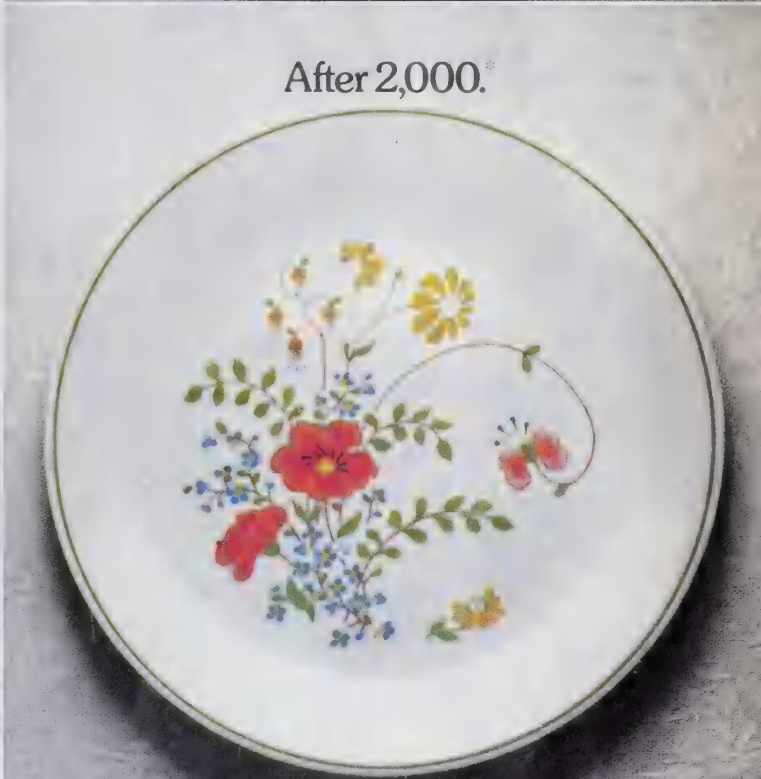
After 1,000 dishwasher cycles.



After 1,500.



After 2,000.*



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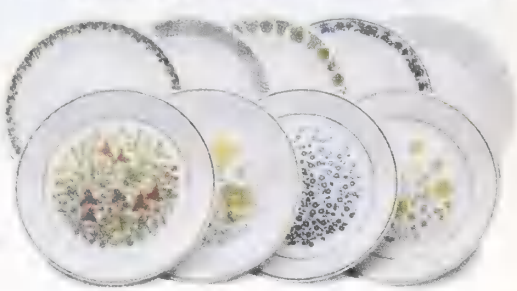
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Games & FOOD

continued

DEUCES WILD SALAD

Roasted sweet red peppers (available in a jar) add color and flavor to marinated broccoli.

2 cups water
⅓ cup fresh lemon juice
⅓ cup olive oil
1 small onion, sliced
1 medium carrot, quartered
1 small stalk celery, quartered
1 garlic clove, crushed
¾ teaspoon salt
¼ teaspoon whole peppercorns
¼ teaspoon ground thyme
1 bunch (about 1½ lbs.) broccoli
¾ cup roasted sweet red pepper, cut into 1½-inch strips
4 to 5 lettuce leaves, for garnish

In large saucepan place all ingredients except last three. Heat to boiling over medium heat; cover and reduce heat and simmer 10 minutes.

Meanwhile, cut broccoli flowerettes from stem; set aside. Cut stem into julienne strips (about 2x¼-inch). Add stems to liquid in saucepan; cook 3 minutes. Then add flowerettes and cook 4 more minutes. Remove from heat. With slotted spoon remove broccoli and place in large bowl; reserve liquid. Add red pepper slices to broccoli and toss together lightly. Cook liquid in saucepan 10 minutes, uncovered, or until it has reduced to about ½ cup. Remove from heat. Pour through a fine strainer over vegetables. Let cool to room temperature. Cover with plastic wrap. Refrigerate at least 2 hours. *(Can be made in advance to this point. Cover and refrigerate up to 24 hours.)* To serve, arrange lettuce on serving platter. Place broccoli and pepper slices on top. Makes 8 servings, about 105 calories each.

ROYAL FLUSH RHUBARB PIE

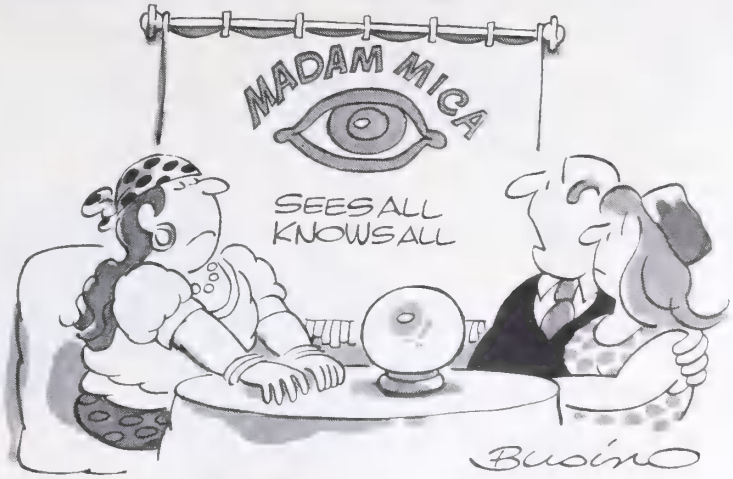
Rhubarb pie is one of our absolute favorites. Try it with a dollop of sour cream or plain yogurt—yum!

Filling
4 cups chopped fresh rhubarb or 1 package (16 oz.) frozen chopped rhubarb, partially thawed
1¼ to 1½ cups sugar
3 tablespoons all-purpose flour
2 tablespoons butter or margarine, cut into small bits
½ teaspoon grated orange peel
¼ teaspoon salt
2 tablespoons milk
Pastry
2 cups unsifted all-purpose flour
¾ teaspoon salt
½ cup shortening
⅓ cup butter or margarine
4 to 5 tablespoons iced water

In large bowl toss all ingredients for filling except milk. Set aside while preparing pastry.

Pastry: In a medium bowl combine flour and salt. With pastry blender or two knives used scissor fashion, cut in shortening and butter or margarine until mixture resembles coarse crumbs. Gradually add water and stir with fork until flour is moistened. With hands shape pastry into 2 balls, one slightly larger than the other. Wrap well and refrigerate one hour. On lightly floured surface, roll out larger ball into a 12-inch circle. Line a 9-inch pie plate with pastry. Spoon rhubarb into pastry.

Preheat oven to 400°F. Roll out remaining pastry into a 9-inch circle. Cut into twelve ½-inch-wide strips; arrange in lattice pattern on top of filling. Trim edges of strips even with rim of plate. Fold lower crust over rim; flute. Make a high edge to hold in the juices. Brush top with milk. Sprinkle with sugar, if desired. Bake for 45 to 55 minutes or until pastry is golden and filling is bubbly. Cool on wire rack. *(Can be made ahead to this point. Wrap well and freeze up to 1 month. Thaw, covered, at room temperature up to 3 hours. Heat in a preheated 350°F. oven for 20 minutes, if desired.)* Makes 8 to 10 servings, about 470 calories per 8 servings, 375 calories per 10 servings. **End**



"Never mind the hereafter. Help us communicate with our teen-agers."

PLAY IT AGAIN (and again)

A quick canvass of the *Journal* staff unearthed a gaggle of gamesters: **who** get in a frequent rabble over Scrabble; **who** get hooked for hours on Boggle; **who** beg their buddies to bring over extra backgammon boards for an impromptu tournament. But, more than anything, **who** find that mind-sharpening word games make an evening fly.

Sharpen your pencils, put on your thinking cap and try these two at your next gathering. Remember—no one is taking an I.Q. test—it's sheer fun and games.

- *Dictionary.* All you need is any home dictionary, small pads and pencils. From 3-6 players, ideal; a group of 10 tends to slow things down. Pick one person to be the first leader (you'll all take turns). The leader finds an obscure word in the dictionary, pronounces it and spells it for everyone. (A word like "echinus," perhaps.) If someone by chance knows the word, he or she must confess, and the leader finds another word. The others in the group then make up some meaning that sounds legitimate for that word and write it down (answers can be funny, clever or a serious attempt). The leader, of course, writes down the correct definition, then collects all the other definitions and reads the answers aloud. Then, on another piece of paper, you vote for the one you think is the true dictionary definition. Leader collects votes and tabulates. Scoring goes: If you guess the right answer: 1 point. If someone votes for your phony definition: 1 point. Leader gets biggest chance at collecting points as she/he receives 1 point for each wrong guess. This game is alert, alive—and (believe us) easier to play than to explain.
- *Alphabet.* Long pads and pencils; from 3-8 players. Each person starts off by writing the letters A-Z down one side of the pad. Next to the alphabet column, write one long familiar quote, such as "Mary, Mary, quite contrary, how does . . ." Each line, then, has 2 letters or initials. You all have 10 minutes to go through the list and write down any famous person (fact or fiction) whose initials match the ones there. For instance, on the first line, with the first letter of the alphabet and the first letter of "Mary," A-M could be Al Martino or Anna Moffo or Archibald MacLeish. Next line, for B-A, Benedict Arnold or Bea Arthur, and so on. Let your mind roam and pluck names from sports, movies, books, etc.—only no childhood sweethearts or second cousins, please. At the end of the time limit, each person reads aloud (round robin) the choice of a name and counts up the number of "right" answers. Three or four rounds provide a nimble-and-quick time.

As hostess, it's nice to wrap up some small or silly gift for the high scorer of the evening. **End**

Zestimonial.



My Soap

Where my soap was, it's got a film on it. It would make me feel that I'm not really as clean as I should be. If it's on that picture, it's going to be on me. I am going to have to try Zest.



Zest

The Zest side, there's no film. I went home and used Zest. It lathered up really well. It made lots of suds. It rinsed very clean. It made my skin feel clean. It made me feel clean. I think ill keep using it.

Kathy McBride



The above sentences are excerpts taken from hidden camera interviews of Kathy McBride. At that time, we asked her to bathe pictures of herself, like the ones above, in her favorite soap and Zest.® We also asked her to try Zest at home. She found out Zest made her feel cleaner than her soap.

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Try Zest. Like Kathy McBride, you'll feel cleaner and fresher than with soap.

Double book bonus: Linda Goodman's Love Signs—the April woman's astrological guide to choosing a mate, managing a marriage. Plus, How to Enjoy the Love of Your Life, a psychiatrist's secrets to lifelong happiness.

LOVE SIGNS

FOR THE APRIL WOMAN

BY LINDA GOODMAN



Like Peter Pan's shadow, curiosity about astral compatibility follows the astrologer everywhere. Everyone wants to know the ground rules in the game of mixing and matching Sun Signs. It's worth all the time and trouble it takes to compare two horoscopes for compatibility, because love between two people whose auras are harmoniously blended creates the kind of magic poets write about.

In astrological terms, it is nearly effortless for a Lion and a Ram to love, for a Bull and a Goat to love. But for a Ram to achieve harmony with a Crab, the Lion with the Scorpion, the Bull with the Water Bearer—these demonstrate a higher love. Even between two individuals whose Sun Signs harmonize, there are always some planets that clash in their mutual nativities, causing periodic friction. But all is not lost.

Every Sun Sign contains a strength that can be reversed into a weakness, just as every Sun Sign contains a weakness that can be reversed into a strength through the law of positive-negative polarities of traits. The stubbornness of Taurus, for example, is the patience of Taurus turned upside down. The choice of our Sun Sign polarities—the choice that governs harmony—is always ours to make.

Here, for the April woman, Aries, a guide to getting along with anyone and everyone in the zodiac, including the Aries male.

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THE ARIES PERSONALITY

The soul, symbolically new born in Aries (the first sign of the karmic cycle) relates to dawn, sunrise, spring and Easter. To the soul of Aries, as to an infant, love is a necessity of life; love is synonymous with existence itself.

The positive qualities of Aries are a heart tugging innocence and wonder, blind faith and raw courage. Expressed in their negative polarity forms, these can become selfish egotism, thoughtlessness, aggressiveness and impulsive action with no regard for the consequences.



YOUR SUN SIGN

The term "Sun Sign" means that if you are, for example, a Gemini, the sun was exercising its powerful influence through the Zone of the Zodiac (not the constellation) called Gemini when you were born. You'll find that the dates covering the 12 Sun Sign periods vary according to the astrology book you read. The reason for the variance is that most astrologers don't wish to puzzle you with the information that the sun "changes signs" in the morning, afternoon or evening of a particular day at a different hour, depending upon the month and year. And so they "rob" one consecutive Sun Sign of that Change Day and give it to the other— to make things come out even.

Cusp dates: *Often, those who were born on an astrological "cusp date" (the day during which the sun changes signs) will say (and believe) that their personalities seem to contain the qualities of both Sun Signs. But you are really one Sun Sign or the other. Your personality cannot and does not partake of two Sun Signs because you were born on a "cusp day."*

So remember always that if you were born on either the first or the last day of any of the Sun Sign periods, you'll have to know the exact time, plus the longitude and latitude of your birthplace, to judge whether or not the sun had "changed signs" by that hour at that location.

Editor's Note:
This excerpt from *Linda Goodman's Love Signs* condenses her complete analysis of the Aries woman's relationships, as it appears in her best-selling book. The author suggests that if you are interested in more thoroughly pursuing your astrological study, you consult her fuller readings in *Linda Goodman's Love Signs*, published by Harper & Row.

SUN SIGN BIRTH PERIODS

ARIES "The Ram"
March 20th into April 20th
Fire— Ruled by Mars

TAURUS "The Bull"
April 20th into May 21st
Earth— Ruled by Venus and Pan-Ho

GEMINI "The Twins"
May 21st into June 21st
Air— Ruled by Mercury

CANCER "The Crab"
June 21st into July 22nd
Water— Ruled by the Moon

LEO "The Lion"
July 22nd into August 23rd
Fire— Ruled by the Sun

VIRGO "The Virgin"
August 23rd into September 23rd
Earth— Ruled by Mercury and Vulcan

LIBRA "The Scales"
September 23rd into October 23rd
Air— Ruled by Venus

SCORPIO "Scorpion & Eagle"
October 23rd into November 22nd
Water— Ruled by Pluto

SAGITTARIUS "Archer-Centaur"
November 22nd into December 21st
Fire— Ruled by Jupiter

CAPRICORN "The Goat"
December 21st into January 20th
Earth— Ruled by Saturn

AQUARIUS "The Water Bearer"
January 20th into February 19th
Air— Ruled by Uranus

PISCES "The Fish"
February 19th into March 20th
Water— Ruled by Neptune



ARIES-ARIES

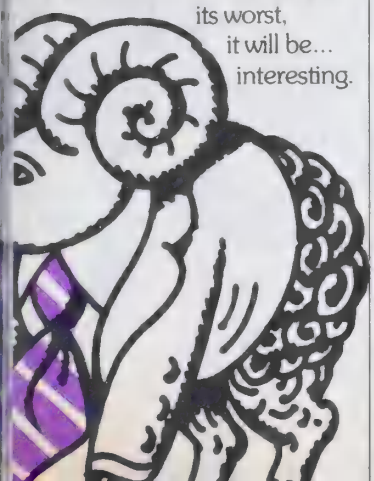
In the beginning, it's all a merry-go-round of happiness between Aries and Aries. But after the cotton candy melts, there will be moments of disillusion.

Most of the time, the direct, forceful manner of their planetary ruler, Mars, will create a wave of sympathy between two Rams. At other times, their mutual need for ego trips will overlap, and that's when they can expect the fireworks. When Mars clashes with Mars, the result can be full scale war, with all flags bravely flapping.

Yet no one can switch a mistaken viewpoint more swiftly, or bury yesterday's unhappiness and hurt more completely than an Arian who is handled gently. The trouble is, although Rams need to be handled gently themselves, they aren't inclined to handle each other (or anyone else) gently. Rams expect their own wishes to be granted, their own orders obeyed without question, as quickly as possible.

It's never easy for Arian lovers and mates to exist in tranquility. Rams can even become jealous if they notice a smile on the loved one's face in sleep. Who is he (or she) dreaming about?

When these traces of infantile selfishness are curbed and replaced by tenderness, the physical sharing of love between these two can be an ecstatic exchange. At its very best, their sexual union is an uplifting and all-consuming experience to cherish. Even at its worst, it will be... interesting.



ARIES-TAURUS

In any disagreement between Aries and Taurus, the Ram starts it and the Bull finishes it. It's important to remember that. Taurus won't forget it. Taurus doesn't forget anything.

The major mistake made by most Rams with a Bull is to try to press Taurus into a decision. It will never work. *Never.* Should Taurus believe that a suggestion is sensible and valid, the Bull will consider it, and finally say "okay." Until then no power on earth can force a confrontation into a resolution.

Combining the energy and courage of the Arian ruler, Mars, with the vitality and patience of Taurus creates an immense amount of sheer power. Ancient astrologers warned that a blend of the qualities in Aries and Taurus, if not carefully balanced, could result in great cruelty. Yet the Bull's Venus rulership frequently softens the edge of such a potential danger. And music, in any form, will sometimes build a bridge of understanding between impulsive, impatient Aries and dogmatic, stubborn Taurus, healing some of the hurt caused by each other's personality differences, which can be vast.

In a typical love affair or marriage between the Bull and the Ram, Aries provides the imaginative ideas and daring, while Taurus supplies the stability and security. This applies to the financial aspect of their cooperative venture, as well as to the emotional and sexual levels of the relationship. They may quarrel about money (the extravagance of Aries, the economy of Taurus), or lock horns over the need of Aries for excitement and the need of Taurus for peace and quiet. But with a genuine effort spent at adjusting to each other's divergent attitudes, this man and woman can find a rare and very cozy contentment together.

ARIES-GEMINI

Working as a team, this combination could sell Manhattan back to the Indians. Both Aries and Gemini love causes (especially lost causes), and share the same talent for creative, extremely persuasive salesmanship.

The Ram and the Twins possess a casual attitude toward accumulating great power, and tend to be careless with money, which may be why they are occasionally not as materially successful on a permanent basis as they should be, considering all the emotional (Aries) and mental (Gemini) energy they pour into anything that interests them—for the moment, that is. Nothing holds the interest of either of these Sun Signs for longer than maybe two or three moments.

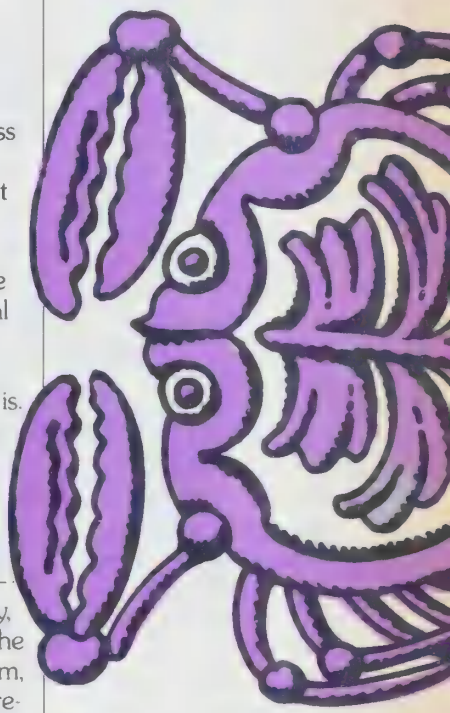
Separately or together, they look young, act young—and therefore, quite naturally, often behave like children. The initial attraction between them, the magnetic pull of their carefree natures, causes both of them to reach out toward each other trustingly, with no thought of a far-off happy (or unhappy) ending. Jealousy is frequently a large troublemaker. The airy, gregarious behavior of the Twins can fan the flames of Aries' jealousy.

In a sexual sense, Gemini is one of the few Sun Signs capable of creating the mystical, illusionary quality every Ram must associate with physical union, while the Aries' ability to make sex an eternal romantic adventure excites Gemini's questing nature.

The Mercurial mind of Gemini, no matter how cleverly disguised, resembles a top. Always spinning. Aries will happily jump on for the ride, and probably enjoy the dizzy pace. As long as the Ram doesn't try to chain Gemini's free spirit with too many questions and demands, it could work out rather smoothly between these two.

ARIES-CANCER

The typical Ram would never deliberately hurt anyone. Nevertheless, he (or she) unintentionally does hurt people, especially the ultrasensitive Crab. The typical Cancerian



reaction to hurt is to crawl inside the Crab shell and pout—or turn just plain crabby. Either attitude is enormously frustrating to a Ram.

Aries is optimistic, generous, positive, sure of winning. Cancer is often pessimistic, economical, negative and fearful of the future (Crabs call it sensible caution)—and this could result in hurtful accusations and feelings of mutual rejection.

A Crab can fascinate and amuse Aries with the Cancerian wit and cleverness—and can also thrill the Ram with imaginative and beautifully sentimental lovemaking. But Aries may forget the freshness of their original sexual harmony when Cancer, ruled by inconstant Lunar phases and fluctuations, has been touchy and moody for a few days. It's the Moon. Waiting is agony for the Ram, but Aries will just have to wait until the Moon changes.

ARIES-LEO

Every Leo was born to lead, born to command, born to be first—born free! That means free of anyone's domination, including pushy Rams. Leo will not suffer public put-downs from anyone. Privately, however, the Ram can win just about anything from the generous and benevolent big cat, simply by listening respectfully to those long lectures and heaping on the praise, while resisting the Aries' urge to flaunt personal victories. Too much bragging in this double Fire Sign combination, and the Sun-ruled Leonine half of the team may silently (but gracefully!) stalk off in injured dignity, or roar loudly and fiercely attack the injustice.

When there is mutual unselfish consideration, this can be an extraordinary and even magical relationship. Sexually they are unusually well-mated. Their mutual instinct for uninhibited passion in lovemaking is tempered by their equally shared need for tender affection. Their friends may wonder why they stay together, fighting the way they do, but Aries and Leo will know why. Reconciliations provide the repeated thrill of experiencing the resurrection of the miracle of their love.



ARIES-VIRGO

Rams initiate all their actions from pure feeling. They trust their emotions and are skeptical of undue practicality. Virgos are practical. They trust their mentality and are skeptical of emotions.

When Arians are upset, they open up their grievances to air them out. When Virgos are upset, they keep their grievances buried to gather the rust of resentment.

Because Virgos are so analytical and fond of clarity, Aries people are inclined to look on them as picky and cold. Virgo, however, is as inwardly sentimental and idealistic as Aries is outwardly.

Devotion, service and working together will always be part of this relationship, and there is also frequently a strangely compelling sexual attraction. Somehow, despite the basic differences in their natures, these two may enjoy a satisfying compatibility of physical desire and sexual expression—unless Virgo's earthiness transforms Aries' fire into Arian ice, freezing their original warmth of response.

The analytical Virgo's urge to criticize can painfully wound Aries in the sensitive area of self-confidence, and the fiery speech and actions of the Ram can deeply distress Virgo's serenity.

ARIES-LIBRA

Astrology describes Libra people as peaceful, gentle, beautiful, sweet and calm. They are all those things—half the time. Nothing is so important to Librans as their equilibrium. They do so hate to lose it. Yet they frequently do, making them argumentative and impossible to please the *other* half of the time.

Librans who have a firm grip on their Scales are simply great at the balancing acts of getting groups of people to blend harmoniously and at smoothing over tensions (when they're not personally involved). It's difficult for friendly, open Aries to resist Libra's Venus smiles and kind words. The Rams are too naive to suspect Libra of using charm as a weapon. Nevertheless, Libra does just that.

Rams will, however reluctantly, look up to the Libran cool and balanced judgment, and privately wish they possessed it. Aries is aware that Libra is fair and logical, and a clear thinker. The Ram knows Libra's decisions are nearly always right, but can get a little jumpy, sitting around watching Libra make them. The word "decision" itself causes most Librans to break out in a rash. It doesn't bother Aries.

The Sun Signs of Libra and Aries are opposite each other in the karmic wheel of life, and the astrological rule is that you're strongly attracted to the opposite sex of your opposite Sun Sign, but normally don't get along too well with the same sex of that sign.

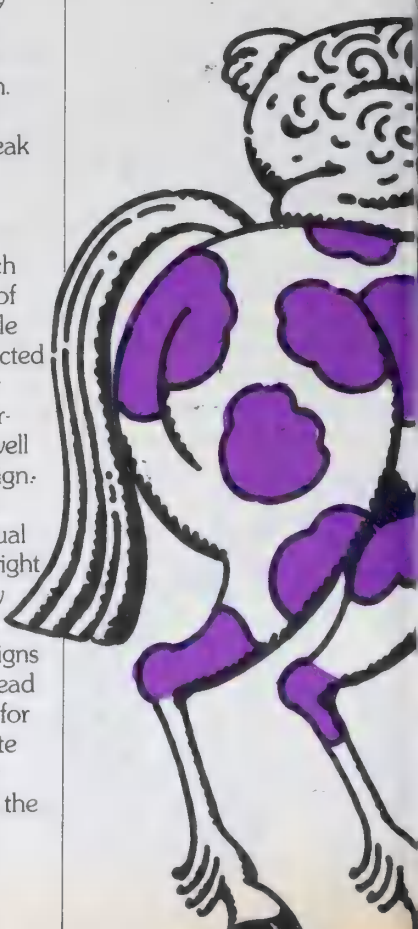
Natural lovers Aries and Libra are, because the sexual and romantic chemistry is right. Yet destined to live happily ever after they may not be. Both Aries and Libra are signs of leadership, which may lead them into constant battles for control. But they'll stimulate each other and enjoy their debates when they play by the rules and try to be fair.

ARIES-SCORPIO

Scorpios are masters of the offensive—an offensive laced with clever, cool strategy, exquisite patience and an uncanny sense of the weakness of others. When Scorpio strikes, it's straight on target. The Ram's tactics are more scattered, although equally powerful.

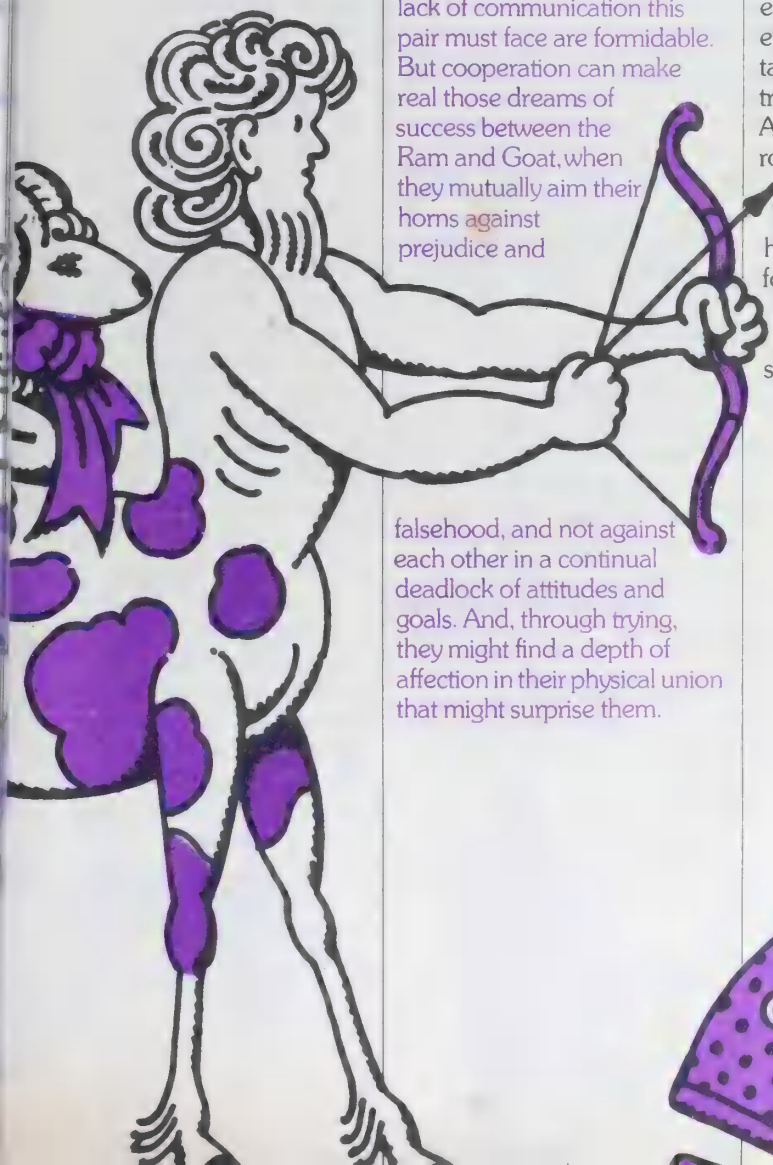
The Scorpio Eagle is intensely loyal, and never compromises a principle. This makes a big hit with the Ram, who is also fiercely loyal and idealistic. In the happier Aries-Scorpio relationships, the Ram will respond beautifully to the strength of the Eagle—a wonderfully positive result of this blend.

There can be a depth to the love between Aries and Scorpio that's seldom equaled for sheer passionate devotion and spiritual closeness. Scorpio is capable of satisfying the deepest desire of Aries for physical proof of complete and eternal love.



ARIES-SAGITTARIUS

To face an astrological truth bluntly, a friendly, outgoing Archer is often likely to give the appearance of unfaithfulness, while Aries is outraged at any indication of disloyalty, real or imagined. But if mutual trust can be established from the start, Aries has an excellent chance for emotional and mental harmony with a Sagittarian, because they have so much in common. Both of them are courageous, idealistic, curious, deeply affectionate, touchingly honest and, since they're both Fire Signs, passion is never lacking. Another thing these two have in common is their fondness for heated discussion. You might say that the Ram and the Archer are combustible, but compatible.



ARIES-CAPRICORN

When they're not competing with each other, the Goat and Ram can make an interesting couple. Both are tough climbers. But the Goat's final destination is the very top of the mountain, the only place where Capricorn feels really secure. To the more gregarious Aries Ram, the top of the mountain is a lonely spot, with no more challenges—and absolute security is dreadfully dull.

Capricorn Goats, guided by Saturn's wisdom, have a truly marvelous ability to face facts dispassionately, curb their faults and make the very best of their virtues. It wouldn't hurt the more reckless Mars-ruled Ram to imitate Capricorn's sensible approach.

The tensions and troubles, the misunderstandings and lack of communication this pair must face are formidable. But cooperation can make real those dreams of success between the Ram and Goat, when they mutually aim their horns against prejudice and falsehood, and not against each other in a continual deadlock of attitudes and goals. And, through trying, they might find a depth of affection in their physical union that might surprise them.

ARIES-AQUARIUS

Aries and Aquarius have an outstanding trait in common—they're both curiously attracted to anything new. There is seldom any looking back and sniffling over the past.

The Ram and Water Bearer are essentially compatible, each sensing the almost visible cord of friendly understanding, the karmic harmony, that pulses between them. Generally, these two should enjoy a mad, fabulous and unique association.

There's a curious air of absentminded detachment about an Aquarian. Some people interpret it as daydreaming. Grandma would have called it woolgathering. The forceful Ram will call it unforgiveable. Aries simply can't stand being ignored.

To the typical Water Bearer, each new experience of life is exactly like the first one—to be tasted, savored, then either treasured or discarded. The Aquarian's approach to romance is no different. So the best insurance that their physical oneness will always hold its first fine rapture is for the Ram and the Water Bearer to always treat their sexual union as something special, different and unusual.

ARIES-PISCES

The pattern that gradually emerges with Aries is one of aggressiveness, sometimes to excess. The pattern that gradually emerges with a Pisces is one of accommodation, also sometimes to excess. Kind hearted Fish really do like to please people when they can—but the equally kindhearted Ram can be difficult to please.

Unlike the Rams, Pisceans dread the embarrassment of outright confrontation and they dislike attention focused on themselves. Pisces is a Water Sign, and the great secret strength of water is its nonresistance. A Piscean often has a restful cooling effect on the flaming frustrations of the Fire Sign Ram.

On the whole, the Ram and the Fish are at least potentially compatible, complementing each other's different approach to life and love. Yet there will be times when the forthright Ram has little patience for the sometimes slippery tactics of the secretive and elusive Fish—as there will be times when Pisces recoils from the more direct and intense emotional impulses of Aries.

The Ram and the Fish sometimes experience a kind of wistful physical chemistry that could outlast periodic bickering or hurt feelings. Both are sentimental and imaginative, allowing the fulfillment of each other's secret fantasies when they close the door against the rest of the world.

HOW TO ENJOY THE
BY HAROLD H.



The Search for Love

♥ Perhaps no experience is more common today than the frustration of trying to love or be loved. Almost everyone secretly or explicitly expresses concern about his or her capacity to love. We all need love; love is a very basic human need.

♥ Most people in the Western world are in search of lasting romantic love. No wonder there is such disappointment in love, no wonder so many marriages fail. Relationships built on excitement alone are doomed to failure.

♥ Romantic love is not "bad"; indeed, it is a beautiful experience. But stars and rockets do not a lifetime make. Romantic love is not an end in itself, rather a step along the way. Romantic love must mature into a more permanent love, structured in our awareness. It is a window, a vision of possibilities.

True Love

♥ True love is the natural expansion of the joy of being alive. A classic misunderstanding held by most people is that they have to love or be loved *in order* to be happy. Indeed, the reverse is true. Happiness is the foundation as well as the result of loving.

♥ Love is not just a subjective feeling, an emotion, but a series of actions that convey concern and support.

♥ Love requires being able to transcend one's own boundaries, to truly feel what the other person is feeling, to delight in the other's growth.

♥ Real love means fully accepting another person, no strings attached. "I love you because I need you" is transformed into "I appreciate and value you for what you are."

♥ To disrespect, disapprove, scold, punish, ignore, reject, frustrate, discourage or intimidate produces harm, damage, neurosis—these actions are unloving. To respect, value, like, protect, care, appreciate; to enjoy is the substance of being loving.

♥ To love means to give freely, without expecting a reciprocal return. You give of yourself completely, risking that you won't be loved in return. This is the miracle that happens each time to those who truly love: The more you give, the more love you possess for your own enjoyment.

♥ Love allows room for disagreements and conflict, pain and sadness. Love allows...

♥ Respect is essential to love. In a healthy relationship you take joy in the other's growth and have an essential respect for their individuality.

♥ Webster's dictionary defines respect as noticing with attention. The loved one is not taken for granted, but seen freshly as if anew. Respect connotes more than just holding someone in high esteem; it's offering someone your time and energy.

Love Thyself

♥ To love means to give of oneself; to give of oneself, one must first value oneself.

♥ The healthy person has the base-line feeling, "I love being me." This is not vanity, selfishness or a hyperinflated ego; it is self-celebration.

♥ You have the right to expect others to treat you with dignity and respect, but you must first begin by treating yourself that way. Stop telling yourself that you are stupid, inferior, ugly, inadequate or crazy. If you are telling that to yourself, you're communicating these messages to others (through posture, tone of voice, facial expression or words). Self-image gets reflected back to us. For better and for worse, we often receive what we feel we deserve.

♥ To love oneself is not a sin—on the contrary, not to give ourselves the same modicum of love and respect that every human being deserves is a sin. To thine own self be attentive, patient and kind.

♥ Love of self is the opposite of selfishness. The selfish person lacks self-love and so stays chronically needy. This endless "shopping list" of needs, demands and expectations fails to bring him lasting satisfaction. The cure for selfishness is more love, especially from within.

♥ Intimacy with self teaches us the commonality of all human experience. The great irony, the great paradox, is that the deeper inside yourself you go, the more in touch with yourself you are, the closer you are to others. Love of self—nurturing of oneself—is the basis for understanding and appreciating others.







OVE OF YOUR LIFE.
LOOMFIELD, M.D.

Tell yourself a few times a ay, especially any time you e getting down on yourself, iat though you may be work- g on some "growth edges," at our core you are a good, in- lligent, loving person.

he Practice of Love

There is an art to loving, as rich Fromm suggested. Like ny art, love stems from that hich is innate, but it can be ultivated and practiced. If ou have been restricted in our flow of love, "exercises" an help you infuse love into our every action.

Balanced personality devel- pment implies not only the bility to stand up for one's ights, but also a capacity for olunteering praise and pproval. Systematically and omfortably, you can learn nore loving habits.

When the feeling arises, nd when appropriate, try aying:

—Our friendship is very pre- ious to me.

—You look terrific.

—I very much appreciate your indness and generosity.

—You handled that difficult ituation admirably.

—I feel good around you.

—I love you very much.

There is no need for gush- ng sentimentality or sac- harine flattery. The goal is to be able to express appreciation and positive regard, freely and appropriately. Actions,too, from offering your bus seat to an older person, to helping a friend with homework, to giv- ing a needed hug, can be sys- tematically increased.

♥ Keep a diary and make a chart; look for specific more loving behaviors. From a nice chit-chat with the grocery clerk, to bringing flowers home and making dinner, you can find creative expression for your loving talents. Practicing more loving words and actions may make you self-conscious for a while, but it will quickly become more automatic.

The Expansion of Happiness

♥ If you focus exclusively on negativity — worries, problems, fears, suspicions — that will grow stronger in your life. If you favor love and goodness, then these will blossom even more in your life.

♥ The fault-finder will find faults even in paradise. Let yourself be governed by your admirations rather than by your disgusts.

♥ No amount of striving is going to win you lasting happiness. No amount of manipulating other people and situations in your life is going to lead to fulfillment. If we cannot find contentment in ourselves, it is useless to seek it elsewhere.

♥ So what is the key to happiness, to a life of fulfillment? It is: Grow to your full potential, raise your level of consciousness by developing a maximum of ease, order and contentment within.

♥ There is an old saying, "Happiness is like a kiss — to get any good out of it you have to give it to someone else!"

♥ As our happiness expands we learn a noble truth: The highest form of pleasure comes to the person who gives himself in love.

Freedom and Jealousy

♥ When two people in a love relationship are complete within themselves they do not experience the love they have for others as threatening to the love they share. They are free of the fear and insecurity that give rise to possessiveness or overreactive jealousy.

♥ The person who strives to absorb or engulf another is not loving too much but loving selfishly and too little. The other person may experience emotional suffocation and suppressed anger at being so "lovingly" manipulated.

♥ It is an irony that the more possessive you are, the more love you demand, the less you receive; while the more freedom you give, the less you demand, the more love you'll receive. A true love relationship can never be held together by demanding "shoulds" and "should nots."

♥ A true love relationship becomes spontaneously moral. Just as a river must flow within boundaries, sexual boundaries to a love relationship are important for its growth. These boundaries are best when they are self-imposed, then love can flow more freely.

The Cycle of Love

♥ A classic misunderstanding held by many is that love leads to happiness. Certainly love

(continued)

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From the book HOW TO ENJOY THE LOVE OF YOUR LIFE by Harold H. Bloomfield, M.D. published by Doubleday & Co., Inc.

Photographs by Four by Five

can heal, love can motivate anew, but you cannot expect someone to come along and magically transform you into a happy, fulfilled human being. You must provide a lot of growth from your side; growth will lead you to love.

♥ No matter how hard the unhappy person tries to love, his efforts are destined for frustration because he lacks the inner sense of well-being basic to the ability to love. The key to loving is to raise your base-line happiness—your moment-to-moment joy in living, without anything special having to happen.

♥ The more at ease you become, the more others will find that they rarely get tense when they are with you. Your love and happiness spread to others; it's a contagious effect. Warmth, sharing and love come naturally to a happy person.

♥ With a growing base-line happiness, you appreciate life more, and the ultimate development of the ability to appreciate is love. This kind of growth in appreciation will lead you to start having warmer relations with others, and develops naturally into love for oneself, family and friends.

♥ A loving cycle ensues: The more appreciation you feel, the more love you radiate, the more love you will receive in return.

Accent the Positive

♥ Strive to be good-humored, considerate, optimistic, patient and forgiving with regard to each other's weaknesses and imperfections.

♥ Most of us like not only to be loved but also to be told we are loved. Tell him tonight how much you hold him dear. Compliment a job well done or an outfit worn well. Share a heartfelt kiss and hug.

♥ Mark Twain used to say that he could live for two months on a good compliment. He never did say whether it was one he received or one he gave. Kind words produce positivity, not only in the recipient, but also in the sender.

Communication Skills

♥ Communication is more than the exchange of words, it is the sharing of ourselves. Such a communion requires first of all being open to our inner voice, our inner cues. Being fully in touch with your feelings is a prerequisite to experiencing the feelings of others.

♥ Change occurs in small, steady increments. "Improving the relationship" is too global. Better to improve your communication skills in a steady, step-by-step manner.

♥ The goal is not to think and act alike, but to think and share together. Loved ones can strongly disagree on almost any subject, yet still deepen their love for one another.

♥ Great differences can be supported when emotional ease prevails. Calmness of mind, even at a heated moment, allows for an underlying sense of love, respect and harmony.

Effective Listening

♥ We show our understanding more by the way we listen than the words we say. Don't interrupt or offer glib suggestions or ready-made solutions. By your presence you say, "I'm totally available to you, my mind and heart are yours."

♥ Effective listening is discovering. Rather than saddle someone with pearls of advice, listen attentively and with acceptance. People will find their own right way and ask for advice when needed.

♥ Effective listening is concentration. We listen with our third ear and see with our third eye; we bear a loving, non-judgmental witness.

Feedback

♥ Avoid such broad "judgmental" statements as "You're never on time," or "You don't love me." Better are such specific "feeling" statements as: "What happened?...I get frustrated when I'm left waiting," or "I could use a hug."

♥ Feedback is in the "now"—not pulling out a nasty from ten years ago. Feedback is accurate. Instead of saying, "You're a fool," say, "I think you're mistaken."

♥ Be kind and loving when offering feedback. "You don't pay any attention to me," delivered in a hostile fashion, just stokes the fires, while, "Dear, do you like me in this outfit? I'd like to please you," is more likely to inspire.

♥ Of course, you yourself must be open to feedback. Learn not to feel hurt but to value constructive criticism. Honest feelings from others help you to understand how others perceive you. As a result, you improve your interpersonal style.

Staying In Love

♥ If two people already enjoy considerable pleasure from within, pleasure derived from a relationship becomes an added delight. Each is not dependent upon the other for a stable sense of self or for inner fulfillment.

♥ This autonomy frees both people from the need of making escalating demands upon each other to sustain their happiness, and it protects them from overwhelming disappointment and anger if a need or expectation goes unmet. Each person is free to express his or her full potential instead of feeling trapped by an exclusive dependence on each other for emotional well-being.

Happily Ever After

♥ Marriage depends for its aliveness on a healthy emotion of love. A marriage that depends too long upon compulsion or duty soon withers and dies.

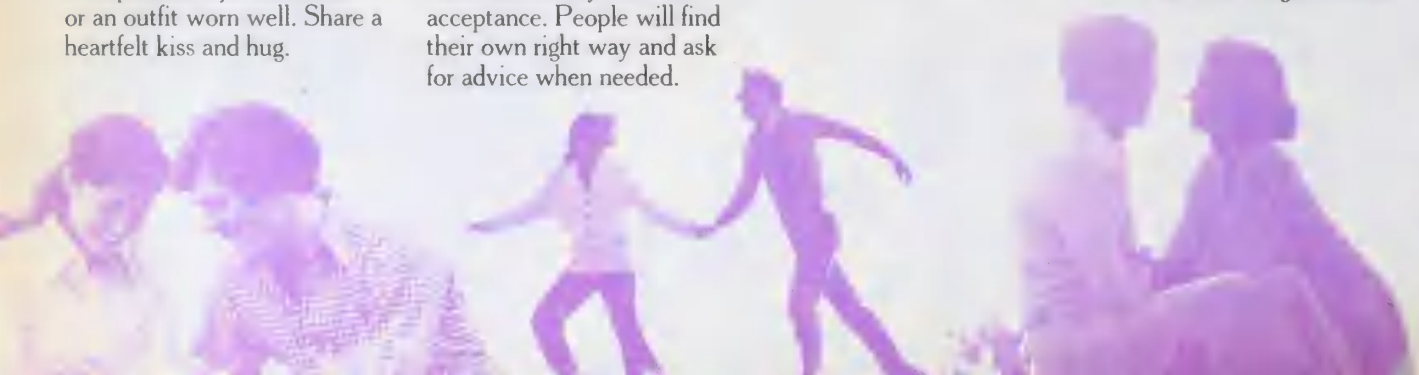
♥ Two persons who marry should recognize that the first flush of physical attraction is far from being the full fruition of love. The initial pleasures come easy; deeper, more lasting pleasures take time.

♥ Cultivate enjoyment together: Partake in some creative work, sports activity, or just take walks together. A hike through the woods, or along the beach, is a great opportunity to share your innermost thoughts and dreams.

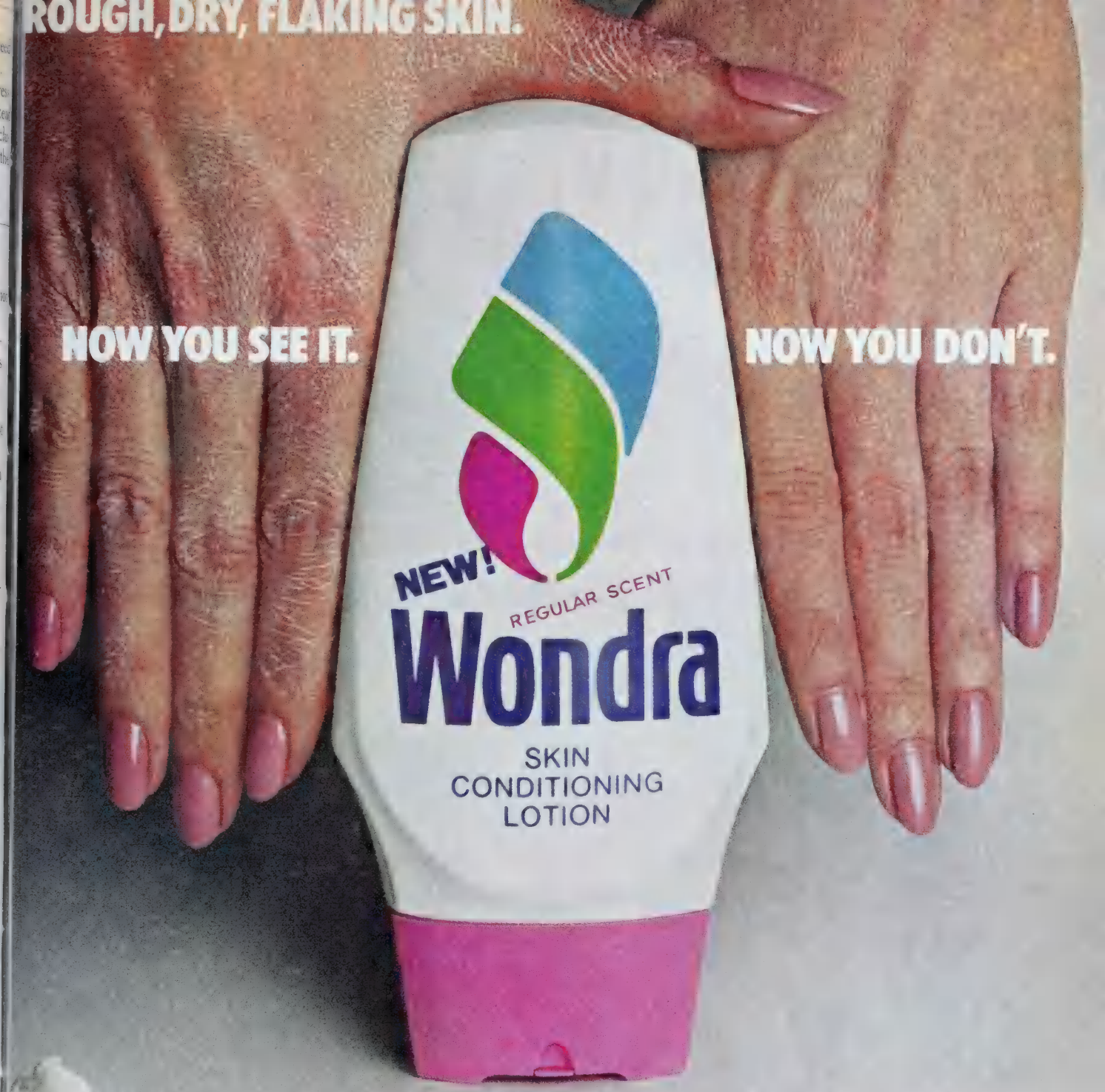
♥ To be real and lasting, love must be felt in the quiet of the living room, not just in the passion of the bedroom. There must be spiritual, mental and social harmony.

The Essence of Love

♥ "Love is patient; love is kind and envies no one. Love is never boastful, nor conceited, nor rude; never selfish, not quick to take offense. Love keeps no score of wrongs; does not gloat over other men's sins, but delights in the truth. There is nothing love cannot face; there is no limit to its faith, its hope and its endurance."—St. Paul
1 Corinthians, 13
The New English Bible.



Section designed by Mo Lebowitz



Introducing New Wondra. It rubs right in and takes the day's work right out of your hands.

You scrub. Wax. Do a hard day's work every day. And your hands get rougher, drier, flakier by the minute. You'd give anything to see them grow soft and smooth again. And with amazing new Wondra, it happens—right before your eyes.

New Wondra is a skin conditioning lotion. It's different: richer, creamier than you expect a lotion to be. But Wondra's richness rubs right in. And takes the day's work right out of your hands. Your skin feels young, relaxed in seconds.

And because Wondra heals with richness, not greasiness, there's never that problem of sticky afterfeel.

Try Wondra, today. Regular Wondra in a light, refreshing scent. Or Unscented Wondra if you prefer no scent. Both in a unique Squeeze Bottle or no-drip locking Pump Dispenser.

Your whole family will take to new Wondra. It rubs right in and takes the roughness right out of your skin—the day's work right out of your hands.



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Benson & Hedges 100's



"B&H, I like your style."

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Nancy Kassebaum

continued from page 70

Washington political newsletter and read mostly news magazines as a child. She later earned her B.A. in political science from the University of Kansas, where she met her husband, and an M.A. in diplomatic history from the University of Michigan.

She did not seek public office, except for a stint on the Maize, Kansas, school board, until last year. Until then, she had supported local Republican politics and sat on various civic committees, never intending a full-time political career. She was vice president and partner with her husband, a wealthy Wichita lawyer, of Kassebaum Communications, which operates a pair of radio stations in Wichita.

Nancy's decision to run was not easy or necessarily clear. While her family, particularly her father, did not discourage her initially, they did not actually support her. "I think it was a combination of Dad always feeling that I had four children at home to take care of, and that I shouldn't be away from home too much," she says. "He really felt that a woman's place was at home. But Mother thought it was a good thing to do, that I should try it, and that I would do it very well."

Ultimately, Kassebaum's decision was a private one. Her lifelong exposure to politics made her a realist, and she acknowledged the difficulties she'd face in a field of five other Republican senatorial contenders and a strong Democratic candidate. She also knew the Landon name might prove a mixed blessing. And, of course, she was the only woman in the race.

No threat to egos

"I feel one of the successes of my campaign was that, as a woman, I didn't appear to be a threat to anyone's ego," Kassebaum explains. "I am not a particularly aggressive person and I didn't appear to be trying to prove anything. I feel sometimes that women who campaign develop an aggressiveness, which not only men but the women themselves are uncomfortable with. You can be strong without being aggressive. A quiet voice can be a decisive voice."

Her campaign television commercials developed that approachable image. In one ad, Nancy stood near her kitchen sink, a pair of rubber gloves draped over the faucet, and discussed the issue of education while her children chatted softly in the background. In another, she led a discussion with a group of businessmen to demonstrate, as one of her aides put it, "that she could hold her own in a roomful of men."

Nancy also believes that women view politics in a fundamentally *(continued)*

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In the mood for a barbecue?

Fix Shake 'n Bake® Barbecue Style—for real barbecued chicken without a grill!

For a wild Western Barbecue, just shake. The coating turns into a rich, tomatoey barbecue sauce right in your oven—so your chicken is pure temptation.

To complete the bash: hot corn, a three bean salad, guacamole dip and chips, and watermelon. Shake 'n Bake® Barbecue Style—for the kind of barbecue that won the West!





Swiss Miss dairy case puddings are the freshest puddings he can take to school. They're made from fresh skim milk, so they're in your grocer's dairy case. And Swiss Miss Puddings are specially sealed to keep that dairy case freshness all day, even overnight, without refrigeration. Of course, for longer periods, or if opened, they should be refrigerated.

Send 'em to school with Swiss Miss dairy case pudding.

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Nancy Kassebaum

continued

different fashion from men, for whom it often is all-absorbing. She feels that is one reason why men involve their families in their campaigns, a practice Kassebaum scrupulously avoided during her own effort. Women, she says, are not as single-minded.

"The children were supportive of my decision," she says, "but they asked not to be involved in any publicity. And I appreciate that because I never really liked it myself. I was never a part of the campaign in '36, that I remember. There were pictures taken and so forth, but Mother didn't campaign—in those days families didn't. My son, John, drove me around during the campaign and my daughter did quite a bit of speaking and telephoning for me. So they did get involved in the work. They didn't want any publicity. They were glad to help."

And Kassebaum was glad to have them, especially on their terms. She believes in placing her family and friends before her career.

"When I first talked to Phil about running," Nancy says, noting that she and her husband are still friends (although she will not discuss their separation), "he said, 'Nancy, you have to want to do it more than anything else in your life. It just has to be a feeling that's right there in the pit of your stomach.' He thought I would have to be willing to give up everything else. I think that's something most politicians tend to believe. But I'll never have that kind of feeling. Never. Because I feel it's important to have perspective, to enjoy doing whatever you're doing. This is one reason I think that I didn't get so emotionally involved on election day. I just regarded it as any other day. When it comes to winning, I must use that old cliché: I think it's *how* you run the race that's more important."

Even in a wider professional context, Nancy believes, a woman's sensitivity to family and friends and their various needs can create a heightened flexibility and compassion in considering political issues. Women, she believes, are simply more emotional than men. "I am an emotional person," she says evenly, "but I am not one to break down and cry in the middle of a debate. I think women have to be very careful about that. I've seen many women serving on community boards and so forth who have become very emotional in their arguments when they feel strongly about something."

No campaign promises

Throughout her campaign, Kassebaum maintained her independent, politically uncompromised and even ingenuous stance, making no campaign promises, a tactic that won her friends and backers as well as the Senate seat.

"I think there was strong support from women that was just not vocalized," she says. "And there were many older women who came up and said, 'Good for you. It's time to have a woman trying to get things done. The men haven't done all that well.' It was a very quiet support, but I do think it was a factor. I did not have the support of the woman's political caucus. They were very upset with my opposition to the extension of time for the ERA."

Kassebaum declined to court women voters by emphasizing issues pertinent to them. She believes it is vital not to isolate women's concerns but to integrate them into the political system as well as into overall national and international affairs. Regarding abortion, she has said that although it would seldom be the right moral choice to her way of thinking, women deserve the right to decide for themselves.

She also refused to deliberately minimize the Landon name, which she cautiously used to her advantage. But it was her legacy of Landon statesmanship that aided her, Kassebaum believes, more than her name.

"I feel we've commercialized politics and lost the statesmanship, the public-service aspect," she says: "I think politics—running for office—is a tradition, and we should go back to some of the traditional concepts. My father taught me to believe that politics is a fine and honorable thing." **End**

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Spinach

continued from page 126

to the leaves, until spinach is wilted, about 5 minutes. Drain well and finely chop. In medium skillet melt 3 tablespoons butter or margarine. Add cooked spinach, garlic and ½ teaspoon salt and sauté for about 5 minutes, stirring occasionally. Remove garlic and discard. Spread spinach evenly into prepared dish.

In medium saucepan melt remaining butter or margarine. Add flour and remaining ½ teaspoon salt and nutmeg; stir until smooth. Gradually add milk and cook, stirring until slightly thickened. Remove from heat. Add cheeses and stir over low heat until thickened and smooth; set aside. Preheat oven to 375°F.

To poach eggs: In a skillet heat 1 inch water to boiling; add vinegar. Reduce heat and add eggs, one at a time, and cook to desired doneness. Remove eggs with a slotted spoon and place on spinach. Spoon sauce over eggs and spinach. Bake until hot and bubbly, about 12 to 15 minutes. Serve immediately with freshly ground pepper. Makes 6 servings, about 370 calories each.

CREAM OF SPINACH SOUP
pictured on this page

Lightly scented with rosemary, this soup can be served hot or cold.

¼ cup butter or margarine
2 packages (10 oz. each) fresh spinach, rinsed, drained and trimmed, or 2 packages (10 oz. each) frozen chopped spinach
½ cup chopped green onions
½ teaspoon rosemary
¼ cup flour
1¾ cups chicken broth
1½ cups water
1 medium potato, peeled and diced
1¾ teaspoons salt
1 cup heavy or whipping cream

In a large saucepot melt butter or margarine. If using fresh spinach, add it with green onions and rosemary; sauté until vegetables are tender, about 5 minutes. (If using frozen, cover pan and cook, stirring occasionally until spinach thaws, about 15 minutes.) Stir in flour. Gradually add the chicken broth and water, stirring constantly. Add potato and salt. Bring to a boil, lower heat, cover and simmer until potato is tender, 15 to 20 minutes. Remove from heat. Transfer by small portions to blender container. Cover and purée until smooth. To serve hot, return soup to saucepan and add heavy cream. Reheat until hot, stirring frequently. To serve chilled, add heavy cream; cover and refrigerate until well chilled. Makes 8 cups, about 205 calories per cup.

OYSTERS ROCKEFELLER
pictured on this page

Oysters Rockefeller was created in 1899 by the son of the founder of Antoine's restaurant in New Orleans. It is said that he called the dish Rockefeller because the sauce was so rich. Here is LHJ's version.

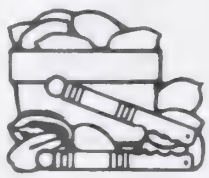
1 bag (10 oz.) fresh spinach, rinsed, trimmed and drained or 1 package (10 oz.) frozen chopped spinach, thawed
½ cup coarsely chopped green onions
⅓ cup coarsely chopped celery
⅓ cup chopped parsley
1 large garlic clove, chopped
6 tablespoons butter or margarine, melted
¼ cup heavy or whipping cream
1 teaspoon anchovy paste
¼ teaspoon anise or fennel seed
⅛ teaspoon salt
Dash cayenne pepper
½ cup fresh bread crumbs
12 large or 16 medium oysters on the half shell
¼ cup freshly grated Parmesan cheese

If using fresh spinach, place in saucepan with only the water that clings to the leaves; cover and cook over medium-low heat until it is wilted, about 5 minutes. Drain the spinach well, pressing to remove excess moisture.

In blender container or food processor combine spinach, green onions, celery, parsley, garlic and 4 tablespoons melted butter, cream, anchovy paste, anise or fennel seed, salt and cayenne pepper; blend well, scraping down sides of blender container.

In a medium skillet combine the remaining butter or margarine, spinach mixture and bread crumbs; sauté about 5 minutes.

Preheat oven to 400°F. Loosen oysters on their half shells. Spoon the spinach mixture equally on top of the oysters. Arrange oysters in a shallow baking dish; sprinkle with grated cheese and bake for 15 minutes until hot. Serve immediately. Makes 6 to 8 servings, about 210 calories each for 6 servings, 160 calories for 8 servings.



SPINACH RING
pictured on page 158

Only four ingredients in this cinch-to-make spinach ring.

2 packages (10 oz. each) frozen chopped spinach, drained
2 packages (3 oz. each) cream cheese with chives, softened
1 can (10¾ oz.) condensed cream of mushroom soup, undiluted
2 eggs
Cooked carrots (optional)

Preheat oven to 350°F. Grease a 4½-cup ring mold; set aside. Combine all ingredients in blender container or food processor. Cover and blend until well mixed, stopping blender occasionally and scraping down sides of container. Pour into ring mold; place in large baking pan and place on oven rack. Fill pan with 1 to 2 inches of hot water. Bake for about 50 minutes or until knife inserted in center comes out clean. Let stand for 5 minutes. Invert onto serving plate; fill open center with cooked carrots. Serve immediately. Makes 6 servings, about 190 calories each, without carrots.

(continued)



Clockwise: Eggs Florentine, Cream of Spinach Soup, Oysters Rockefeller.

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Spinach

continued

SPINACH-CHICKEN TETRAZZINI
pictured on this page

A great casserole for any occasion. Freezes beautifully.

2 broiler-fryer chickens (2 to 2½ lbs. each)
2 quarts cold water
1 tablespoon salt
½ cup butter or margarine
1 package (10 oz.) fresh spinach, rinsed, drained, trimmed and chopped or 1 package (10 oz.) frozen chopped spinach, thawed and drained
1 medium onion, chopped
⅓ cup flour
1 cup milk
8 ounces (2 cups) sharp Cheddar cheese, grated
¼ cup dry sherry
8 ounces thin spaghetti, cooked as label directs and drained

In large saucepot combine chicken, water and 2 teaspoons salt. Heat to boiling. Reduce heat and simmer, uncovered, for 1¼ to 1½ hours or until chicken is tender. Remove chicken from broth and cool. Remove skin and bones; discard. Cut chicken into chunks. Reserve 2 cups broth for sauce. (Save any remaining broth for another use.)

In large saucepan melt 3 tablespoons butter or margarine. Add fresh spinach and onion, sauté until onion is soft and spinach is wilted, about 5 minutes, stirring occasionally. (If using frozen spinach, sauté onions until soft; add thawed, drained spinach and cook 1 minute more.) Remove vegetables, set aside. Add remaining butter or margarine to saucepan and melt over low heat. Add flour and remaining salt and stir until smooth. Gradually stir in reserved broth and milk; cook until thickened, stirring constantly. Add cheese, vegetables, chicken and sherry and stir over low heat until cheese melts.

Preheat oven to 350°F. Add spaghetti to sauce. Spoon into a 9-inch square baking dish or a 2-quart casserole. Cover with foil and bake for 30 minutes. Remove foil and continue baking 5 minutes more. Makes 6 to 8 servings, about 705 calories per 6 servings and 525 calories per 8 servings.



WILTED SPINACH AND BACON SALAD

Down-homers (like our food editor) think wilted spinach salad is about the best thing going.

1 bag (10 oz.) fresh spinach, rinsed, drained and torn into bite-size pieces
½ cup chopped green onions
½ cup thinly sliced radishes
5 bacon slices, cut into ½-inch pieces
¼ cup cider vinegar
1 teaspoon sugar
½ teaspoon salt
⅛ teaspoon pepper

Combine spinach, onions and radishes in large salad bowl; set aside.

In medium skillet cook bacon over medium heat until crisp. Add vinegar, sugar, salt and pepper to bacon and drippings and heat, stirring until sugar dissolves. Pour mixture over salad and toss gently. Serve immediately. Makes 4 servings, about 195 calories each. **End**



From left: Spinach Ring, Spinach-Chicken Tetrazzini.









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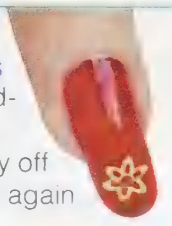
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How to Clean Papered Walls

By Lois Libien and Margaret Strong

Are your papered walls washable?

One way to test a paper for *non*-washability is to choose an inconspicuous area and rub gently with a cloth wrung out of lukewarm, sudsy water. If the colors run even the slightest bit, the paper definitely is nonwashable. The opposite isn't always true, however. If the colors don't run, don't assume the paper is washable. It might very well be, but try not to get it wet all the same. Clean it with a barely damp cloth wrung out of soap suds—not a detergent.

Incidentally, even papers that you know are "washable" are not necessarily "scrubbable." Scrubbable papers, usually vinyl- or plastic-coated, stand up to far rougher treatment than papers that are merely washable—some manufacturers claim their scrubbable papers are as easy to care for as painted walls. I wouldn't take these claims at face value. My wallpaper source warned me to "advise them to go easy on all papers—even the scrubbables."

Spot-cleaning nonwashable paper

To remove greasy spots and food stains, apply a paste made of fuller's earth, or whiting, or cornstarch, or other absorbent powder mixed with cleaning fluid. Allow the paste to dry, then brush it off. Repeat the treatment if necessary and finish up by gently rubbing the area with a clean cloth dipped in borax.

Another way to remove grease spots is to apply a piece of clean blotting paper to the area and press with a warm iron. Use fresh new blotting paper each time; otherwise, you may end by pressing the grease back onto the paper. Remove any last lingering traces by rubbing with a clean cloth dipped in borax. *Treat crayon marks the same as greasy spots.* Or, if the paper is not extremely thin or delicate, rub very gently with baking soda sprinkled onto a slightly damp cloth.

Ink and marking pens. Unfortunately these stains are next to impossible to remove without damaging the paper. You can apply the absorbant powder cleaning fluid paste, but if it doesn't work, why not resolve to live with the stain? If you just can't, you might try touching the stain with a cotton swab moistened with rubbing alcohol or chlorine bleach or ink eradicator—but the color of the paper may fade along with the stain.

Nongreasy smudges and pencil marks can be erased. Use an art-gum eraser because it's softer than an ordinary pencil eraser. Rub gently and no more than necessary. **End**

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The fascination of the miniature

Carol Lawson has chosen to create her art for *miniature* plates because she felt that their *daintiness* would be quite perfect. Indeed, fairy tales themselves are crammed with evidence of our fascination with all things miniature—and there's a recognized tradition of creating miniature porcelain plates which over the years have attracted the attention of collectors. As the artist herself says: "What a challenge—to recreate all the jumbling, tumbling events, the colors and treasures, the heroes and villains of the fairy tales, in precise detail, but to this tiny scale!"

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A miniature porcelain plate collection by Carol Lawson

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Appointments once made, become debts. If I have made an appointment with you, I owe you punctuality; I have no right to throw away your time, if I do my own.—*Cecil.*

Want of punctuality is a want of virtue.—*J. M. Mason.*

I give it as my deliberate and solemn conviction that the individual who is habitually tardy in meeting an appointment, will never be respected or successful in life.—*W. Fisk.*

Every child should be taught to pay all his debts, and to fulfil all his contracts, exactly in manner, completely in value, punctuality at the time. Everything he has borrowed, he should be obliged to return uninjured at the time specified, and everything belonging to others which he has lost, he should be required to replace.—*Dwight.*

Better be three hours too soon than one minute too late.—*Shakespeare.*

When a secretary of Washington, excusing himself for being late, said that his watch was too slow, the reply of Washington was, "You must get a new watch, or I must get a new secretary."

It is of no use running; to set out betimes is the main point.—*Fontaine.*

Strict punctuality is, perhaps, the cheapest virtue which can give force to an otherwise utterly insignificant character.—*J. F. Boyes.*

Nothing inspires confidence in a businessman sooner than punctuality, nor is there any habit which sooner saps his reputation than that of being always behind time.—*W. Mathews.*

Punctuality is the stern virtue of men of business, and the graceful courtesy of princes.—*Bulwer.*

The most indispensable qualification of a cook is punctuality. The same must be said of guests.—*B. Savarin.*

"Better late than never," is not half so good a maxim as "Better never late."

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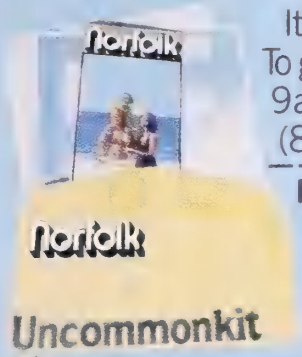
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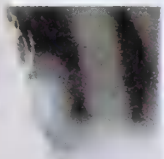
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Read what women say. Then see for yourself how Agree helps stop the greasies.

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Nicolette Owen, Tour Coordinator:

I've been devoted to another creme rinse, used it for years and years. But Agree Creme Rinse is superior. It rinses out so thoroughly, your hair doesn't feel like it's coated with oil. Agree leaves my hair so manageable, soft and fresh-smelling.

Nadine Martello, Secretary:

With the shampoo I used to use, my hair would start to get greasy. And my creme rinse gave my hair that heavy feeling like there's something greasy in your hair. With Agree, there's no greasy feeling. They both work, so I use them both.



Shouldn't you try Agree?

Lenox gift—an American tradition



Top to bottom: Aquarius Centerpiece, $56. The Patriots Bowl, $125. Lido Salt & Pepper Mill Set, $56. Monticello Server, $36. Small Swan, 4" tall, $15. All except the swan are trimmed in 24-karat gold.

LENOX
CHINA·CRYSTAL
Lawrenceville, N.J. 08648

The prices shown are suggested retail prices only.

The New Volunteer

continued

reseeding the local park, rummage sales for the benefit of crime victims, raffles for the boys' club. "It's no longer that 'we' help 'them,'" as Winifred Brown says. "It's that we help ourselves."

MYTH #4. *To be a good volunteer, you have to be self-sacrificing.*

"Nonsense!" says Herta Loeser, author of *Women, Work & Volunteering.* "Some of the best volunteers now at work are frankly expecting to get back as much as they give."

"What's in it for me?" has become a very legitimate question for anyone to ask before donating time and talent to a volunteer project. To answer that question enticingly, nonprofit organizations have had to shake up their methods of dealing with volunteers. The savvy ones now offer training, intelligent placement, creative supervision, performance evaluation—in short, professional steps to make volunteer service a "growth experience" for the volunteer.

Here are some of the "selfish" motives that volunteers freely acknowledge:

Emmy T. used her work at a battered women's center to help her decide whether to go back to school for a degree in social work. She found her emotional involvement with the women undermined her performance as a counselor. But when she switched to running the business end of the center, she discovered in herself a never-tapped management ability. She's aiming now at a degree in business administration.

Julie O. used volunteering as a means of getting ahead in her company. "I was very political about it," she says. "I worked for the American Cancer Society because I knew our chief executive officer was on the board. I wanted him to notice me, and he did." Formerly an underling in the communications department, she's now on the executive's personal staff for public relations. (Both still work for the American Cancer Society.)

Harriet K. volunteered at her local library to see if she could get her household on an even enough keel to enable her to spend regular hours away from home and children. "It was a way of getting my feet wet, in case I decide to go back to work when the children are older," she says. "I increased my volunteer time gradually, so nobody would feel neglected (and I wouldn't feel overextended). Now I know I can handle a paying job when the time comes."

Rebecca S. used volunteer work to make friends. When her husband's company transferred them to a new city she felt lost, thoroughly uprooted. "I didn't know a single soul." But she signed up at the local arts and crafts center, and now she feels very much "at home."

For others, volunteer work has served as a kind of half-way house—a recovery stop between a nervous breakdown or alcoholism or, simply, divorce and the making of a new life. Such cases further illustrate that the best way to help oneself is often to help others.

In short, altruism is certainly an important, continuing motive for most volunteers, but no one need hold back if she also has more immediate personal reasons for offering her services.

Sometimes those personal reasons are very close to home, as when parents work long and hard to improve their children's schools through *(continued)*

HOW TO GET INVOLVED

- The Voluntary Action Center in your community can help you locate a volunteer assignment. Check your phone book for the local listing, or write the National Center for Voluntary Action, 1214 16th Street, N.W., Washington, D.C. 20036, for the address of a placement/referral center near you. Over 36,000 agencies are in the ACTION network.
- Want to learn more? The National Information Center on Volunteerism, a private, nonprofit organization, will send you a free catalog, "53 Books to Better Volunteering." Write: Volunteer Readership, P.O. Box 1807, Boulder, Colorado 80306.



And your grandmother's silver will look as it deserves to look when it's displayed on FINIS polished wood. With the first application of FINIS something very special happens. Because FINIS is the unique new furniture polish that cleans, protects and beautifies your furniture **without wax.** But the big news is: FINIS has the highest, longest-lasting gloss of any product of its kind on the market. And because it contains no wax, the FINIS gloss won't show every fingerprint seconds after its been applied. This no-wax feature actually resists dust, so you'll dust less often. With FINIS, you'll discover a totally unique, highly effective way to keep your fine furniture looking finer than ever before.

FINIS: the new one.
Try it before you put another thing on your furniture.

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Discover the special kind of coolness that could only come from KOOL. No other low "tar" delivers such refreshing taste.



KINGS LONGS

America's most refreshing low 'tar' cigarette.

9 mg. 'tar' in both sizes.

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9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

The New Volunteer

continued

involvement with the parent/teachers group (PTA). And though the two million adults who participate in some 900 projects run by the National School Volunteer Programs are not working with their own children or grandchildren directly, they have them in mind. Whether it's tutoring slow learners or inventing games for recess, school volunteers improve education for all children.

MYTH #5: *Volunteer work doesn't lead anywhere.*

Maybe that's true for volunteers who just bake cookies and do odd jobs—although they, too, have the satisfaction of being a useful part of a laudable whole. But for those who stretch themselves, taking responsibility, making things happen, it can lead to remarkable, personal contributions to society. Consider, for example, the House of Ruth, a haven for homeless women in Washington, D.C. Professor Veronica Maz started the program in 1976 with a $1 down payment on a dilapidated ghetto building; it has since thrown a lifeline to almost 5,000 women.

Volunteer work has led eventually to political office for countless "graduates" of the League of Women Voters, Connecticut Governor Ella Grasso among them. It can lead to salaried jobs (see page 32) and college credit, too. Marilyn Bryant, an outstanding "career volunteer" in Minneapolis, Minnesota, managed the latter. She persuaded the prestigious Hubert Humphrey Institute of Public Affairs at the University of Minnesota to waive a prerequisite for admission to graduate school and also to give her three hours credit for a paper she wrote, based on her research and experience with hospital volunteering. (The not-so-gentle art of handling such negotiations is realistically covered in "How to Get Credit for What You Have Learned as a Homemaker and Volunteer," $3, WOMEN, F, 124 ETS, Princeton, New Jersey 08541.)

And it has led, perhaps most importantly of all, to what is rare and worthwhile in this complex, technological age we live in—a sense of community.

Our pioneer forefathers, the folks who raised barns for each other, knew about community. Probably the abolitionists knew it, and the suffragists, and all those volunteers in our national history who have put their own lives aside in aid of others. Today's volunteers know better, perhaps, than anyone how difficult it is to impose humanity on "the system" but, fully appreciating the obstacles, they press on, accomplishing not only the near-miracle of success in their projects but proving what we all so need to believe—that the individual *counts*, and that human beings *care* for each other.

Volunteers get shockingly little credit for what they do, although it helps a little that the National Center for Voluntary Action gives annual awards to outstanding volunteers (the 1978 winners will be announced this month), and that First Lady Rosalynn Carter praises them, in a widely quoted speech, citing their strength and courage as proof of this our nation's spirit. The dollar value of their productive work is not included in our Gross National Product, that figure that determines much of what happens in our economy. The pay they waive is not given a charitable tax deduction, much less credited to their individual accounts with Social Security. And they, themselves, tend to discount their importance, using that put-down phrase, "just a volunteer." But volunteer work may be its own reward.

I remember the words of a smiling volunteer who, as we talked, continued to tack up the finger paintings her class of brain-damaged children had just made. "It's not what you get from volunteer work, or even what you give," she said. "It's what you become." **End**



What Is Your Pet Telling You?

Roger Caras

Everybody's got something to say—including your cat or dog. Our pet expert unravels some of the mysteries of pet "language."

Every time our son, Clay, comes home from college, his huge Bloodhound pins him—literally. Yankee, a giant of over 130 pounds, puts his front paws on Clay's shoulders and pushes him against a wall. Then, with his face inches from Clay's, Yankee gives a fierce growl.

Naturally, the first time this happened, we were startled and worried. Then we began to see that there is no threat in Yankee's greeting. The truth is, Yankee is so overwhelmed with joy that he doesn't know how else to express himself.

Clay has learned how to deal with Yankee's overzealous "hello." He takes Yankee into a room where the two spend a few minutes alone just talking things over. Then, Yankee is able to calm down.

Pets try to talk to us in all kinds of ways. And knowing some pet "language" can be fun—and helpful.

"I'm sorry." If you catch your dog in the commission of a sin and scold him, he may roll over onto his side or back, whine and extend his chin. This is exactly the way your dog, if he were in the wild, would submit to the dominant dog in the pack. Your pet's message to you is, "I'm sorry. I submit. Here is my carotid artery. Bite it if you want."

To carry the social device through, you should graciously accept your dog's apology by flopping to your knees, growling fiercely and thrusting your bared teeth against his throat.

Let us assume, though, that you don't want to get the knees of your slacks dirty. What else can you do? A pat or two and a few encouraging words will please your dog and complete the "conversation."

"You're asking too much!" If you take your dog to an obedience class, you may find that he is perfectly splendid at *heel*, *come*, *sit* and *stay*, but hopeless at *down*—that is, lying down on his belly. This position, according to the social behavior of male dogs, is the first stage in submitting to a dominant dog.

Obeying your command may run counter to your dog's image of himself, and his reluctance is his way of telling you about the problem. He may want to please you enough to obey eventually; knowing how much you're asking may help you to be more patient.

"You belong to me." You may notice that when you're holding or patting your cat she'll suddenly push the corner of her mouth or the side of her face along your chin. You may have thought that your friend was just scratching herself. Not so. Your cat is marking you with a special scent (undetectable to humans) that labels you as her territory. What should you do in response? Nothing. Just sit there and be claimed.

"This is my turf." Sometimes a clean and well-trained male dog will suddenly hoist a leg in the house, even though he has recently been walked. One of two conditions is likely: Either there's another dog, probably a male, in the house, or there's a bitch in heat somewhere nearby. In either situation, your male is claiming territory, using scent matter in his urine as a boundary marker.

The practice must be aggressively discouraged or your pet may permanently forget his training. If your dog decides to "mark" boundaries inside, you should rush him outdoors and show him where his behavior will be tolerated.



"I don't want to hurt you." You may have noticed that when you have been playing a little too roughly with your cat, he'll break away, stalk off and then give himself a few quick licks before turning back for more play. Your cat isn't cleaning himself, he's breaking off contact with you before he does harm with his teeth or claws. Rather than scratch a friend, he'd prefer to take a few moments to let off steam and decide what to do next.

"Prrrrrrrrrrrr." What does purring mean? It seems to signify contentment, but no one knows whether purring has a real purpose in a cat's life. Suffice it to say that a purring cat is a happy cat.

You may not always be able to understand what your pet is trying to say. But of one thing you can be sure: Your pet will spend a good part of his time trying to let you know not only what he wants, but how he feels. And the more you "listen" and understand, the more rewarding your relationship with your companion animal will be.

End

Illustration by S. J. Graphics

What's best for your puppy: dry dog food or canned?



Wrong question. It's not the form; it's the *formula* that is key to your puppy's healthy growth.

You see, during his first year, his puppy-sized stomach has to handle an enormous amount of food.

He has to do ninety percent of his growing in that one year.

Pound for pound, he burns up twice as many calories as a full-grown dog. He needs about twice the vitamins and minerals. Extra protein. Extra calcium for growing bones and teeth.

He gets all that extra nutrition – concentrated for his little stomach – in bags *or* cans of Cycle® 1 dog food.

Cycle 1 isn't simply a puppy-sized version of adult dog food.

It is just as specially balanced for growing puppies as Cycle 2 is for adult dogs. As Cycle 3 is for dogs who should have fewer calories. As Cycle 4 is for dogs over 7.

As for taste, delicious Cycle 1, in cans, is available in meaty beef and chicken flavors. And Cycle 1's dry nuggets have a great crunchy taste your puppy will love.

Most important, *you can't get your puppy off to a better nutritional start than you can with Cycle 1.*

Free Puppy Care Booklet: Just send your name, address and Zip Code to: Puppy Care Booklet, P.O. Box 3152, Kankakee, Illinois 60901.



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Cycle® Nutrition...for the life of your dog.™

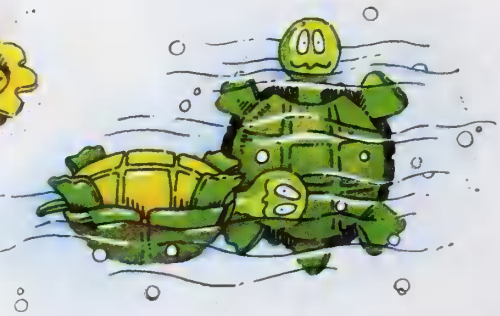
DOG FOOD

Playskool Water Toys. They satisfy a child's thirst for fun.

Remember when you were a child those long, hot summer days with nothing to do . . . Now, with Playskool Water Toys there's no end of imaginative fun things to fill a child's day . . .



Like using Playskool's BATH & BEACH SET with its charming sun filter, flower funnel, sprinkler and pail to create fantasy castles in the sand, or to make bathtime playtime.



Or playing hide-and-seek with TUBBY TURTLE. He floats! He bobs! And he's a cute roly-poly on land.



GILLIGAN'S FLOATING ISLAND offers all sorts of opportunities for fun and adventure with a waterfall, places to hide in, treasure to rescue, and Gilligan, Mary Anne and The Skipper all ready to satisfy the most imaginative child's thirst for fun.



PLAYSKOOL®

A KEY TO THE MAGIC DOORS OF CHILDHOOD

PLAYSKOOL INC. ■ MILTON BRADLEY COMPANY

Have yourself recommended by a variety of people

Sarah Weddington, now special assistant to President Carter, was recommended to the job by her predecessor Midge Costanza, by the Washington Women's Network (a group of elite women in government), by the President's wife and daughter-in-law, by Donna Shalala, assistant secretary of HUD and by assorted male lawyers and Democratic party leaders.

With an impressively diverse cheering section behind you, it can be assumed that: You will be able to call upon those same powerful and diverse people who recommended you when you need them later for job-related favors. You will be able to represent your boss, company or product as positively and productively as you have represented yourself. You are capable of functioning effectively in many different settings with many seemingly incompatible types of people and with so many willing to put their influence on the line for you, you must be *terrific!*

Rehearse the first two sentences you'd say if you met the most important person in your industry.

Careers have been known to skyrocket because someone happened to say the right thing to the right person at the right moment. Be prepared for such an opportunity; you can't use pull if you're tongue-tied. You need two all-purpose sentences that establish a connection and make an impression.

Sentence #1: Identify yourself and find a way to compliment the other person.

"I'm a technician at XYZ studios so I was lucky enough to hear you record that really funny monologue last month."

Sentence #2: Offer or ask something that allows for a future contact between you and the other person.

"Since then, I ran across some sociological studies that might interest you."

Do not use your precious two sentences to ask a favor that doesn't have something in it for the other person. Do not brag, criticize, monopolize or fawn over the person. Promptly follow up the chance meeting with a letter reminding the person of your encounter and enclosing the obscure studies, or send along a notice of the person's upcoming Lion's Club speech, or a report of the person's recent meeting with the mayor, or some curious statistics related to his or her business concerns. Find similar reasons to keep in touch casually once or twice a year until you can find a logical reason to suggest a lunch date. You may not need this person's pull for five more years, but if you utter the right two sentences now, that pull will be there when you need it.

By then, you just may be ready to use your influence to help "pull along" other up-and-coming young women. **End**

The Working Woman

continued from page 100

at least had lunch with her or him and heard an outsider's judgment as well.

Anne J. read a brilliant article by a friend she hadn't seen since high school who was now a professor at the state university where Anne was interested in teaching. After a pleasant but distinctly low-key, non-verbal reunion, Anne realized that her friend was far stronger on paper than in person. So instead of asking her to *speak* a good word to the department chairman, Anne asked her to *write* a letter of recommendation. The friend's powerful prose was Anne's best endorsement.

Develop horizontal and vertical connections

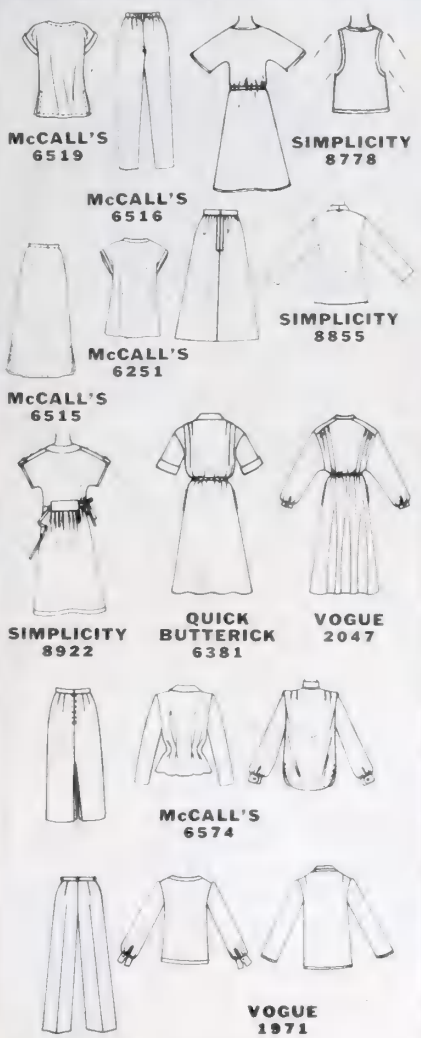
Using pull doesn't always mean reaching up, it can mean reaching out and even down in terms of the conventional status hierarchy. I've found it generally true that the most prominent, successful, talented people are the most generous with their time and help. Perhaps they are secure enough not to be threatened by ambitious beginners. But ordinary, seemingly powerless people can exert surprising influence. Pamela W. confided to her homemaker friend that she was dying to get out of computers and into television—and within hours her friend had set up an otherwise impossible-to-get appointment with her aunt, the network executive. You never know . . .

PATTERN AND ACCESSORY INFORMATION

"Sewing: The Growing Way to Keep in Fashion"

PAGE 117: Left to right: McCALL'S Quick & Easy 6519 boat necked overblouse with side slits requires $1\frac{1}{8}$ yds.; McCALL'S Quick & Easy 6516 tapered pants requires $1\frac{3}{8}$ yds. both, 60" fabric. **Fabric:** APSCO nylon matte jersey. **Accessories:** Sculptured earrings KJL; bangle, CAROL for EVA GRAHAM; strappy DELMAN shoes.
SIMPLICITY Jiffy 8778 dress requires $2\frac{7}{8}$ yds.; vest $\frac{3}{8}$; both, 60" fabric. **Fabric:** APSCO nylon matte jersey. **Accessories:** TRIFARI earrings; CATHERINE STEIN bracelets; KJL rings; narrow belt, YSL for COLONY; T-strap shoes, CARRANO.
McCALL'S "90 Minutes" 6515 elastic waisted slit-skirt requires $1\frac{1}{8}$ yds.; McCALL'S 6251 V-neck shirt requires $1\frac{1}{8}$ yds., both, 60" fabric. **Fabric:** APSCO nylon matte jersey. Accessories: KJL jewelry; GARAY soft leatner belt; DELMAN shoes.
PAGE 118: Left to right: SIMPLICITY 8855 suit. Jacket and skirt require $4\frac{1}{4}$ yds., 45" fabric. **Fabric:** STYLECREST rayon shantung. **Accessories:** SCOTT BARRIE for BLOUSERIE silk blouse; KJL deco earrings; wrapped belt by COLONY; 2-tone pumps, DELMAN.
SIMPLICITY 8922 pullover dress requires $3\frac{1}{2}$ yds., 45" fabric. **Fabric:** MOYGASHEL Irish Linen. **Accessories:** CAROL for EVA GRAHAM cord earrings and bracelets; CATHERINE STEIN turquoise bracelet; DELMAN sling back shoes.
QUICK! BUTTERICK 6381 shirt dress requires $3\frac{3}{8}$ yds., 45" fabric. **Fabric:** Cotton blend floral print by STYLETOWN. **Accessories:** TRIFARI earrings; CATHERINE STEIN bangles; KJL rings; soft buckled belt by ELEGANT; LA MARCA shoes.
PAGE 119: Top left: VOGUE 2047 CHRISTIAN AUJARD designer dress (includes cummerbund not shown) requires $5\frac{1}{4}$ yds., 45" fabric. **Fabric:** Silk noil jersey. HORIKOSHI through SEWING ASSOCIATES. **Accessories:** Bracelets and cloisonne belt ornament by CAROL for EVA GRAHAM; KJL earrings; CARRANO ankle strap shoes.
McCALL'S 6574 EVELYN DE JONGE designer suit requires 4 yds. blouse $2\frac{3}{8}$ yds., both 45" fabric. **Fabric:** Suit: HAMILTON ADAMS woven fiber rayon. Blouse: JOHN KALDOR polyester crepe de chine. **Accessories:** KJL pewter earrings; soft buckled belt by ELEGANT; CARRANO shoes.
VOGUE 1971 CALVIN KLEIN pantsuit requires $3\frac{7}{8}$ yds., blouse $1\frac{7}{8}$ yds., both, of 45" fabric. Fabric: Suit: CUGNASCA of COMO through MANTERO of AMERICA cotton herringbone tweed. Blouse: Polyester crepe de chine by APSCO. **Accessories:** TERRA FIRMA earrings; KJL ring; COLONY belt; strappy shoes by SUSAN BENNIS—WARREN EDWARDS.

All yardage approximate, based on size 10



Quiet moments are for sharing with very special friends.

Friends like soft and cuddly This Little Piggy and Bunny Ball who just love to be snuggled up to at naptime.

Or squeezable, huggable, Play Pup who has spectacles, colorful teething keys and a pocket-watch for baby's playtime.

And that pixie little hand puppet Baby's Doll, all dressed up in soft, yellow bunting and ready to amuse baby during wake-up time.

They're from Playskool to make baby's world a soft, safe place to be.

What a picture they all make as they share a quiet moment with still another special friend.

PLAYSKOOL baby toys

Playskool, Inc. A Milton Bradley Company



What's Happening

continued from page 16

and *The Deep*) and Zanuck/Brown (*Jaws* and *Jaws 2*) seem to be irresistibly drawn to water, but this time there is no big fish. What does seem certain is that they have hooked another cache of cash. **End**

GENE SHALIT RE-VIEWS

Animal House is for those who like wild college humor. If you do, you'll have a good time.

The Brink's Job stars Peter Falk in a fun version of the famous Brink's robbery.

Days of Heaven comes close to being flawless; a film so lean, so precise, so true that it has the tension of a poem.

The Deer Hunter, set in a steel mill town in Pennsylvania and also in Vietnam, is an emotional, savage film, marked by superb performances about courage, fear, grace.

Heaven Can Wait glows with charm and gaiety. It stars Warren Beatty and Julie Christie. When you leave this film, you'll be feeling sky-high.

King of the Gypsies is an ugly, melodramatic version of the best seller about gypsies in New York.

The Lord of the Rings is a triumphant, animated visualization of Tolkien's epic fantasy. Not a child's cartoon.

Moment by Moment teams John Travolta and Lily Tomlin in a tale so slow and dismal it should be called *Hour by Hour*.

Movie Movie is a delightful spoof of a 1930s double feature, with an all-star cast.

Oliver's Story stars Ryan O'Neal and Candice Bergen in the sequel to *Love Story*, and it's just twaddle.

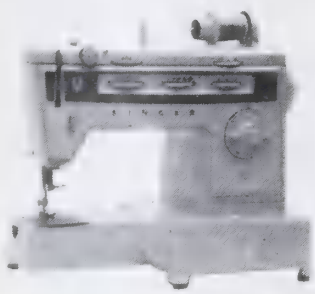
Watership Down is a beautiful, animated fantasy based on the best seller. Solid, delightful entertainment for the entire family.

SEWING: THE GROWING WAY TO KEEP IN FASHION

Update on all the things you'll need to sew like a pro.

Sewing. First comes the curiosity to create. Then you have to set aside the time—whole evenings or spaced-out hour blocs. Many super-busy women, such as our own Assistant Fashion Editor, Bonnie Cooper, hold full-time jobs, have children at home and still get the chance to sew. She puts together at least 20 complete outfits a year.

Patterns of Plenty. Sewing is getting easier with simplified patterns and new shortcuts from the pattern companies. • Simplicity. The "Yes I Can" patterns really instruct beginners how to sew. Each one contains a whole sewing lesson (to learn as you go). Jiffy. Also clears the way with a minimum of pattern pieces, details. The E.S.P. (Extra-Sure Pattern) line is more advanced, but each pattern gives a choice of three complete sizes, to adapt to your own fit. • McCalls. Show-Me! patterns are self-teaching; even a novice can follow the instructions. 90 Minute Fashions are one-night wonders, even for a beginner. McCalls 3 Size Patterns, as the name implies, can be adapted to your size. • Butterick. Quick! Butterick, geared for fast sewing. Marie Osmond's Super



Quick patterns are pretty simple to follow; have 3 sizes, 3 cutting lines. Fast & Easy—just that, limited to few pattern pieces.
• Vogue. Very Easy Vogue—fast and easy fashion, very basic construction, techniques.

Machine Age. When selecting your first sewing machine, buy the best you can afford. Look for: a stable machine with forward and reverse and these stitches: straight, zigzag, stretch, blind hem; and a buttonholer (semi-automatic, at least). Extra features make machines as sophisticated as you want. Of the several makes of machines that include these basic features here are some examples from the Singer line: • Singer Stylist, 834 (below, left) has a lightweight aluminum body; free arm that lets you get to hard-to-reach areas (sleeves, cuffs, etc.); is quiet and vibration-free. About $230. • Singer Creative Touch 1030 (below, center). All of the above, plus pushbutton bobbin winder; Soft-Touch Fabric Feed, for even feeding; and Flip & Sew Panel, for in-the-round sewing of cuffs, neckbands, etc. About $450. • Singer Touch-Tronic 2001 Memory Machine (below, right) an electronic machine that makes sewing a whiz. Touch a picture on the panel for endless decorative stitches, stitch lengths and widths. Buttonhole magic in one step. About $995.



Sewing classes are well worth the time and money: "Lessons talk back, books and patterns don't."

Tools of the Trade. Have everything serve a purpose; avoid gadgets. Basic list, including wares you probably already have: Iron (maybe the newer jet-steam type); ironing board; press cloth; sleeve board (optional). All the rest (total cost about $20) can be found at the notion counters of department, variety or sewing stores. Needles and pins; 5″ sewing scissors and angled 8″ cutting shears (to save only for fabric cutting); pin cushion; tape measure, one with metal tips, non-stretch; ruler; yardstick, for hems; seam ripper, handy for alterations, fixing mistakes; dressmaker pencils with brush eraser (neater than tailor's chalk).

Little Extras. Items that lend a helping hand, add convenience, save time. Some more useful to advanced sewers. Cutting



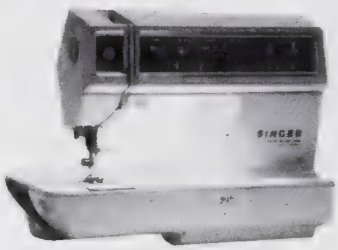
board costs little (about $5.50), aids a lot. Lightweight cardboard, folds neatly away. Lets you cut on floor, carpets or bed without fear of scratches or tears. Allows pinning and aids accuracy. Hem-marker (chalk or pin). Of course, many people simply pin and check by "eye."



Dressmaker's carbon paper and tracing wheel. For transferring markings from pattern to fabric. Pinking shears and thimble. Bobbins, more the merrier to keep threaded in many colors. Metal gauge, to measure button distances, hem depths. Loop Turner—fast way to turn belts, sashes. Bodkin, to thread elastic, ribbons. Total cost about $35.

Space to Sew. Everyone daydreams about a spare room devoted solely to sewing—but can settle for less. Really needed, a well-lit sturdy table or desk; flat area for cutting; storage space for supplies. Instead of taking everything out of hiding each time (fabrics, pattern tissues can look messy), it's nicer to put aside some corner of a room and set up your own permanent work area. There are sewing cabinets available in different styles to hold machine and materials. When closed up, these cabinets look like a decorative piece of furniture. For inspiration, tack up a bulletin board full of magazine clippings, fabric swatches.

Learning the Ropes. Beginner's classes are well worth the time and money. (As our resident-expert Assistant Fashion Editor says, "Lessons talk back; books and patterns don't.") Classes are a good



place to gain sewing confidence, share tips and costs run about $40 for six 2½ hour lessons.

Available, too, mini-courses on such specifics as fabrics or current fashions. You might also check out local adult education courses.

Look at Books. Good reference books to keep close by for on-the-spot answers for all sewers, whatever your degree of expertise: *Coats & Clark's Sewing Book, Newest Methods A to Z*, Western Publishing Co., Inc.; *Reader's Digest Complete Guide to Sewing*, The Reader's Digest Assoc., Inc.; *The Vogue Sewing Book* (Revised Edition), Butterick Publishing; *Simplicity Sewing Book, Updated*, Simplicity Pattern Co.; *Singer Sewing Book* (Revised Edition), Golden Press: *Between Thimble and Thumb* by Shirley Botsford, Holt, Rinehart and Winston; *Ready Set Sew—The Butterick Sewing Book*, Butterick Publishing.



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*Based on Maxwell Report, 1977.

Long Lights: 8 mg. "tar", 0.6 mg. nicotine, av. per cigarette, FTC Report (May '78).

THE POPE AS A YOUNG POET

continued from page 103

When Cardinal Wojtyla was elected pope in October, 1978, it became known that he had published poetry under an assumed name. This news surprised people, even in Poland, for the identity of Andrzej Jawien was a well-guarded secret among his close friends. Between 1950 and 1966, poems signed by Jawien were appearing in two Catholic Periodicals, *The Universal Weekly* and *The Sign*. Both were published in Cracow, where Karol Wojtyla rose to prominence, first as a bishop (at 38, the youngest in the country) and later, in 1967, as Cardinal, until his election to the papacy.

That he wrote verse in his early years is not surprising. Poles are a language-conscious people; they have an old and sophisticated literature in which poetry plays a dominant part. They genuinely appreciate verse and know much of it by heart. Wojtyla was no exception. A year before the outbreak of World War II, he enrolled in the University of Cracow to study Polish literature. His priestly vocation came later, during the hard years of the German occupation when he had to support himself as a worker in the quarries and in a chemical factory. But his passionate interest in poetry remained; with a friend he organized a clandestine "Rhapsodic Theatre," which developed a new form of dramatic expression to be continued by others once the German occupation was over.

In November, 1946, at the age of 26, Wojtyla was made a priest. Two vocations ran parallel in his life from then on: the priest's, which was open, and the poet's, which was concealed.

The pseudonym itself is an interesting choice. Jawien is a character from a modern Polish novel who must have impressed Wojtyla. The root of the name suggests someone realizing himself, coming to light.

In 1966, when the millennium of Christianity in Poland was celebrated, Andrzej Jawien published the poem, *Easter Vigil* (see page 103), one of his last. A year later he was made a cardinal and poetry took a back seat to religious duty.

Is the poet-priest more vulnerable than other poets because of his dual vocation? In Cardinal Wojtyla's preface to an anthology of poems written by priests he asks how "the two vocations, the priest's and the poet's, coexist and act on each other in the same person."

I believe that my poems provide a subtle key to the rich personality of Pope John Paul II. This is poetry of thought, sometimes difficult, yet always ready for dialogue with another mind.

—Jerzy Peterkiewicz

Invocation to Man who became the body of history

I call you and I seek you, in whom
man's history finds its body.
I go towards you and do not say "come"
but simply "be."
Be where there is no record, yet where man was,
was with his soul, his heart, desire, suffering and will,
consumed by feeling, burnt by most holy shame.
Be an eternal seismograph of the invisible but real.

Oh, Man, in whom our lowest depths meet our heights,
for whom what is within is not a dark burden but the heart.
Man in whom each man can find his deep design,
and the roots of his deeds: the mirror of life and death
staring at the human flux.

Through the shallows of history I reach you always
walking towards each heart, walking towards each thought
(history-the overcrowding of thoughts, death of hearts).
I seek your body for all history,
I seek your depth.

A conversation with man begins: the meaning of things

On this point we cannot agree.
He says: man is condemned only to loss
of his body. Man's history seeks nothing
but the body of things: these remain
while man dies
and generations live on them.
But things don't die a personal death,
man is left with the immortality of things.

This I say: much of man dies in things,
more than remains. Have you tried to embrace
what does not die and find for it
profile and space?
Don't speak of unknowns.
Man is not an unknown.
Man is always made human.
Never separate man from things, the body
of his history. Never separate people from Man who became
the body of their history. Things cannot save
what is utterly human-only Man.

We stand in front of our future
which closes and opens at the same time.
Do not close the oneness of comings and goings
with willful abstraction:
life throbbed and blood dripped in them.
Return to each place where a man died; return to the place
where he was born. The past is the time of birth, not of death.



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HOUSEPLANTS YOU CAN "FORGET"

continued from page 90

develop weak stems. Our favorites have shorter, more triangular leaves in a cluster and grow no larger than 15 inches across as mature plants. In the fall they produce long spikes with yellow to red hanging flowers. Some of our favorites are Aloes aristata, bakeri, brevifolia, jucunda, nobilis and rauhii. A really spectacular small plant is the partridge breast aloe (Aloe variegata), which has upward curved, brilliantly spotted leaves in three superimposed series. Neglect for a month or two will cause no harm to these beauties.

The century plants, or Agaves, grow much like the Aloes and can do just as well without water. But we do not think most of them are as desirable in respect to leaves and flowers.

- The elephant bush (Portulacaria afra) is a relative of the garden Portulacas. Yet you could easily mistake it for a jade tree with more branches and smaller leaves. One variety, called variegata tricolor, is much smaller and quite different, for its little, round, waxy leaves are zoned in green, white and pink. When well-grown it could be the twin of a jewel tree with painted ivory leaves. Both plants are good for a one- to two-month stay-away.
- Most people, when they see a succulent Euphorbia, call it a cactus. The ones with upright stems and branches—such as E. lactea, trigona, canariensis, tetracanthoides—are quite common in the shops and can only be told from cacti by their sharper angles and fewer, shorter spines. They grow much faster than cacti, need less sun and don't mind either being watered or doing without. The milk bush, E. tirucalli, has become very popular. The stems and branches are like light-green, zigzag rods, and you can buy them in sizes from a foot to eight feet high.

There are many, many Euphorbias, but they still turn up only occasionally in stores; you'll do better ordering them by mail from greenhouses specializing in succulents.

- You can recognize Gasterias by their few, thick, hard, strap-shaped or triangular leaves, usually stacked opposite each other and decorated with smooth or pimpled whitish spots. Sizes are from a few inches across to nearly two feet. Haworthias are close relatives that are never more than three or four inches across, are stemless and have clustered leaves. They are a very large group with many varieties. The zebra Haworthia is quite common in variety stores—it has narrow pointed leaves with clear white beading in horizontal rows. Both Gasterias and Haworthias can be left for a month or so without any moisture. Take the plants out of sunlight and give a last-minute drenching (an exception) before you leave.
- The jade tree, Crassula argentea, is so well known that we need not comment on it. It will easily survive six weeks without water.
- No more than four years ago the Pachypodiums, from Madagascar, were rarities. Now they are in many plant shops and are rapidly becoming very popular (lamerei, one of the most). With their thick, straight, silvery, spiny trunks half covered by closely whorled, long, narrow green leaves, they are unmistakable and look like old prints of exotic palm trees. They are fast and easy growers that tolerate lots of moisture as long as they are kept warm, yet will go for a month or two without water. They're usually four to six inches tall in the stores but grow to well over a foot in a year. We were among the first to recognize the merits of these very different and carefree plants.
- Small ponytail plants (Beaucarnea recurvata) have round, above-ground tubers and a spray of long, narrow leaves. The blown-up woody bases of bigger ones often look like bagpipes and the plants can grow eight or more feet high. Depriving a plant of water for two months won't bother it at all. Our own has a domed tuber and a straight stem four feet high. The "hair" leaves, hanging down well below the rim of the pot, bring praise from those who see it.
- Finally, the snake plants or Sansevierias. Everyone knows their tolerance of abuse. Those who find the usual plants dull should look for the little cusped variety called "hahnii" and the several species of "pencil" snake plants with weirdly beautiful, long, solid tubular leaves. All snake plants are able to go without water.

Non-succulents

That will give you an idea of the succulent list, but there are also many non-succulents that spend part of the year without rain and can be left without water for just as long. The ones we mention below are all well known, popular and common. So this is just a reminder that you can grow them right along with the succulents as Go-Away plants.

- Asparagus ferns have thickened roots that support them during dry periods, so if you leave them for a month or two they may lose leaves but will recover when watered again. The very-fine-leaved Asparagus plumosus makes a pile of dust when shedding leaves. A. sprengeri, with its larger, needlelike leaves, is cleaner and a good basket plant. Myers' Asparagus fern has foxtail plumes that are very showy.
- That old favorite, the cast iron plant, Aspidistra elatior, is not easy to find in stores these days—although it's virtually indestructible.
- Chinese evergreens, Aglaonemas, are sold everywhere. The more beautiful kinds, however, with light green variegation, such as silver queen and silver king, are less drought-resistant than the darker leaved plants. The latter are good for an absence of two months.
- The popular Cornstalk plant usually requires a large pot or tub. Depending on the size of the container, you can figure one to three months for this one. Equally dry-tolerant is Dracaena marginata, whose narrow leaves have a purple edge. Lighter green and variegated Dracaenas are less dependable.
- The colorful Cryptanthus earth stars are bromeliads and excellent Go-Away plants. If we had our choice we would make a collection of them in all their decorative diversity. There are many kinds of pink and rosy, vertical-striped plants, silvery ones with long dry leaves and those elegant ones with horizontal stripes in brown and silver. Every year they produce pups from the base that can be separately potted. A six-week journey is not too much to risk with these lovely plants.

Try palms

- A number of palms will stand up for at least one month without water, especially if they are in large pots. The parlor palm, Chamaedorea elegans, is the easiest. Similar in growth but shorter are the sago palms, the cycads, that are nearly as succulent as a plant can be. A two- to three-month drought won't kill them.
- The ribbon bush, Homalocladium platycadum, has half-inch-wide, jointed flat stems and arrowhead-shaped little leaves. It's another toughy, like Aspidistra, that tolerates north light. It may lose some leaves after a long absence, but they'll grow back again.
- Spathiphyllums not only grow well in a north window but even produce their white spathed flowers. Leave them for a month or two and, likely as not, they'll be blooming when you return.
- Schefflera, the umbrella tree, is a big plant that requires a big tub and drinks slowly from the moist soil. Even its little relative, Brassaia arboricola, if a bit overpotted, will hold up for six weeks at least.
- Our final suggestion is the wax plants, the Hoyas, which are so popular in baskets. H. carnosa's strikingly variegated leaves have made it a favorite, but there are many others of which H. australis and H. lacunosa are the best bloomers. All are excellent Go-Away plants.

We think you'll agree that our list has plenty of variety and that there's no reason to feel deprived by the necessity of growing them. Start building your Go-Away collection now and you will be ready for your summer, fall or winter vacations this year. **End**

This is called
a stick.

That's because
I will be very sticky
very soon.

Look around.
We'll bet there's a picture
as good as this one.
Just waiting to be taken.





Say "I got it"
on Kodak film.

© Eastman Kodak Company, 1979

Spring Bags

continued from page 115

All pictured on pages 114–115

BURLAP BAG TOTE

SIZE: Finished size is approx. 24" x 26".

MATERIALS: 2 pieces of burlap each 25" x 60", one piece of Jiffy Fuse™ same size, extra burlap for binding and straps, thread, 1" twill tape, Magic Marker® or textile paint, 2½" stencils.

For added strength, fuse burlap pieces together following directions on Jiffy Fuse™ package. Fold crosswise in half. Form a 4" pleat (8" total) up inside of bag at fold. Pin. On right side, keeping fabric flat, center stencil design 4" in from edge and complete. With right sides together, stitch a ½" seam catching in pleat. Turn right side out.

Cut or piece enough burlap to have a length for binding 3½" x 49". Seam short ends. With right sides together, stitch around top of bag in at least a ½" seam. Fold binding up and over top of bag. Turn under raw edge ½" and stitch in place on inside of bag.

To make straps, cut 2 pieces of burlap each 3" x 20". On wrong side, center a piece of 1" twill tape. Fold under raw edges of burlap ½" and pin to center of back of strap enclosing tape. Stitch each folded edge. Position straps on bag 4" apart and 2½" down from top edge. Stitch in place.

CROCHET STRING TOTE

SIZE: Approx. 15" x 15".

MATERIALS: Coats & Clark Speed-Cro-Sheen, 2 in Ecru, 1 in Green; crochet hooks size K and B.

With K hook and Ecru, ch 27. Dc in 3rd ch from hook and ea ch across, ch 3, turn. Work in dc across, taking st in sp between dcs of previous row. WORK VERY LOOSELY FOR OPEN LOOK. Continue until 40 rows are completed. End off. Fold bag in half. With B hook and Ecru, sl st sides together for about 10" up from fold. Turn right side out.

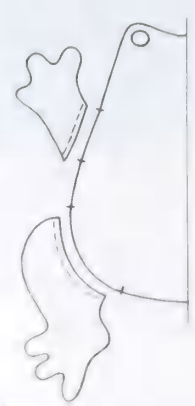
With B hook and Green, work 1 row sc in every other st across top, ch 1, turn. Work 4 more rows. End off. Rep for other side. Att Green at top of band and with B hook work in sc along side of band and around open side of bag having about 4 sc to ea dc section. Band should be firm and scs close together. Work to top of other band, ch 50 for handle and continue down other open side and ch 50 for second handle. Join with sl st. Work 3 more rows sc. End off.

FROG TOTE

SIZE: Finished size is approx. 9" x 10½" x 3".

MATERIALS: Approx. ⅝ yd plastic-coated fabric or other heavy fabric which can be made water repellent, 2 ¾" buttons by Streamline, 9" zipper, 2⅝ yds 1" grosgrain ribbon, thread, stuffing for feet.

Enlarge design, cut out pieces for frog. Add ⅝" to body and sides for seam allowance. Feet include ¼" seam allowance. Cut body pieces for back and front. Cut 8 pieces for feet being careful to reverse pattern for back and front. Cut 2 pieces 2½" x 10" for zipper side section and 1 side piece 4" wide and long enough to go around frog body.



Shown one-eighth actual size

Fold under ½" seam allowance on long side of zipper sections. Center folded edges over zipper and stitch in place. Sew one end of long side piece to bottom of completed zipper section. Pin to frog back with ½" seam. Measure length, then sew other end of long section to top of zipper section. Stitch to frog back.

With right sides out, pin feet sections together. Sew on right side with a ¼" seam, leaving end open. Stuff. Pin in place to frog front. Open zipper. With right sides together stitch to side section matching shape to correspond with frog back. Turn right side out. Sew on eye buttons. Tack ribbon at side edges a few inches down from top.

BANDANNA TIE

SIZE: Medium.

MATERIALS: Vogue pattern #2153, available in July catalog. Sufficient leather for Medium size may be ordered from: Berman Leathercraft, Box LJ4, 147 South Street, Boston, Mass. 02111. Cost is $35.00. Includes postage, handling, insurance and a free catalog. Offer good until August 31, 1979. Or, send $2.00 to the same address for catalog and leather samples.

Follow pattern instructions. As shown, there is no topstitching. With right sides together, stitch on seam allowance as for fabric. To make handling easier, use Scotch Brand® Contact Cement to hold seam allowance in place and under turnback on long ties.

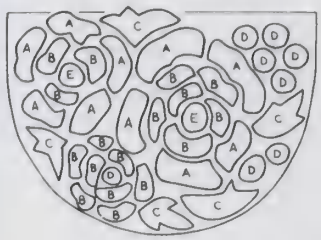
PASTEL PUFFERY

SIZE: Finished size is approx. 6" x 5".

MATERIALS: 7" x 11" pieces of fabric, 2 in White moiré or other fashion fabric, 1 each in White felt and White chiffon; small scraps of felt in Pale Pink A, Dark Pink B, Pale Green C, Purple D, and Violet E; 2 pieces White cording each 24" long for handle; White thread.

Enlarge pattern and designs. Reverse half oval for complete pattern and add ½" for seam allowance around outside edge. Use this pattern to cut ovals from the 4 fabric pieces. Follow diagram to cut flower and leaf pieces from colored felt. Place these on White felt, cover with chiffon and pin in place. Hand or machine stitch around all individual sections and through all layers.

With right sides together, place moiré over chiffon and stitch in ½" seam leaving a small opening. Trim, turn and press. Slip-stitch opening closed. This will be back and front flap of pouch. With right sides together, fold second piece of moiré in half. Seam leaving a small opening. Trim, turn and press. With right sides OUT, pin lower curved edges together and slip-stitch in



Shown one-fourth actual size

place. Use the 2 pieces of cording as one and tack firmly to inside of bag under flap.

AWNING STRIPES

SIZE: Finished size is approx. 4" x 4½".

MATERIALS: 5" x 15" piece of fabric; thread; two 8" pieces of string.

Fold over and stitch a 2" hem at each end. With right sides together, fold bag in half. At bottom, form a 1" (2" total) pleat up inside of bag. Pin. Stitch sides catching in pleat. Turn right side out. Pleat provides a V shaped expansion section at bottom of bag. Place strings 2" apart beginning at bottom of hem. Tack in place. This should leave approx. 4" free for handle.

CRAZY QUILT POUCH

SIZE: Finished size is 10" x 12".

MATERIALS: 1 piece "crazy quilt patchwork" 12" x 14"; in same size, 1 piece velvet for back of bag and 2 pieces satin for lining; two 30" lengths Black satin cording; two 12" lengths Black satin ribbon; thread.

Use or make crazy quilt patchwork from pieces of silk, velvet, etc. Round lower corners. Cut velvet back and satin lining to same size. With right sides together, stitch around three sides of velvet and patchwork, leaving top open. Trim, turn and press. Repeat for lining. Insert lining into bag, turn in seam allowance at top and slip-stitch edges together.

Turn in ends of satin ribbon. Place on front and back of bag 1½" down from top. Stitch along edges leaving ends open. Insert cords through casings so that each cord goes through both sides but in *(continued)*

MONOGRAMMED BARGELLO SHOULDER BAG

pictured on page 115

Versatile, ready-made, canvas envelope shoulder bag available in camel (#8094), as pictured, or in navy (#8095), overall size 10¼" wide by 7⅞" deep. Flap covers a zipper closing, has 12-mesh insert to work in our distinctive bargello design, centered with needlepoint monogram, if desired. You choose the colors and provide the yarn. Bag comes with stitch and color guide, alphabet, complete instructions. To order, call toll free 800-257-7850 (in N. J. call 1-800-322-8650) or use coupon below.

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Spring Bags

continued

opposite directions. Knot ends. Pull to close.

JAPANESE FAN

SIZE: Approx 5″ across top.

MATERIALS: ⅜″ wide satin ribbon by C.M. Offray, 1 piece, each 6″ long in: 660 A Yellow Gold, 156 B Hot Pink, 465 C Purple, 175 D Shocking Pink, 317 E Misty Turquoise, 245 F Coral, 343 G Tornado Blue and 1 piece 2 yds long in 012 H Silver; 4″ x 5″ pieces of fabric, 1 each for batting, interfacing and backing, 2 for lining; thread; small button to cover.

Baste batting to interfacing. Enlarge pattern. Follow diagram (page 188) and color chart to construct "fan." Begin by placing Yellow Gold ribbon A in center. With right sides together, position B. Stitch along edge, turn back so that stitching is not seen. Repeat with C and D. Follow diagram and complete with ribbons E, F and G. Baste around outside of fan shape leaving a ¼″ seam allowance. Trim away excess fabric.

Cut backing and both lining pieces to same shape. With right sides together, stitch lining to ribbon piece along curved edge. Trim, turn and press. Repeat with second lining piece and backing fabric. With right sides OUT, baste pouch together. Measure length of silver ribbon to go around neck. Add about 12″. Form tube for neck portion by stitching required length in center of ribbon with a ¼″ seam. Turn to right side. Knot at end of stitching. With right sides together, place open end of ribbon along side of fan and stitch. Fold ribbon to back, fold in ¼″ and stitch in place by hand. Repeat for other side. At bottom point, fold a 2″ loop in one ribbon, wrap end of other ribbon around and tack both in place.

Cut 2″ pieces of ribbons C, D and E. Fold in half, sew in raw ends, form pleat and tack to back of fan at top of curve. Cover button with F and tack to center ribbon. Beginning at outside edges, slip stitch along curve for about 2″.

BARGELLO BAGS

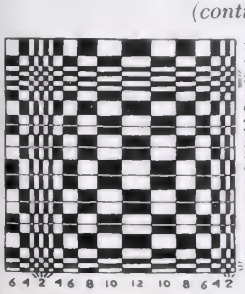
All bags are worked in DMC tapestry yarn with a size 20 tapestry needle on 14 mesh canvas.

CHEVRONS

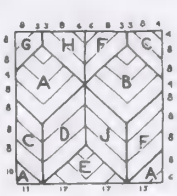
SIZE: Finished size is approx. 4″ x 4½″.

MATERIALS: 6″ x 7″ piece of 14 mesh canvas; same size piece of firmly woven material for back of bag; 24″ narrow ribbon for strap; masking tape; DMC tapestry yarn, 1 skein each of: A Ecru, 7211 B Pale Pink, 7199 C Maroon, 7439 D Burnt Orange, 7745 E Pale Yellow, 7262 F Taupe, 7503 G Tan, 7742 H Bright Yellow, 7169 J Rust.

(continued on page 188)



Checkerboard



Chevrons

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PHOBIAS

continued from page 97

through a divorce, become seriously ill or lose someone they love, they sometimes experience moments of extreme terror. If they fight their panic, and follow through with their plans, the fears will probably diminish and eventually subside.

But if they run from whatever inspires their terror, a cycle develops. This is how it works:

Anxiety first arises from a particular situation; in this case, a young woman panics while waiting for a bus. Later, the woman thinks, "If I wait for the bus today, I risk another panic situation." Then the anticipation of being terrified actually produces the physical sensation of terror. The blossoming phobic thus begins shaking, sweating and growing dizzy. Finally, the feelings of physical discomfort confirm the phobic's fear that, for her, in this situation, panic is inevitable. Here, the urge to escape takes over.

This cycle is called the phobic spiral. Once it starts, it's like a car out of control, rolling downhill. A phobic is unable to apply the brakes.

Predicting who'll succumb to this cycle and who won't is difficult, according to Dr. Manuel D. Zane. A pioneer in phobia research who now practices at the White Plains Phobia Clinic in White Plains, New York, Dr. Zane explains that there's no single phobic "type." Still, there are certain characteristics most people afflicted with these illnesses share. The first quality they have in common, says Zane, is their intelligence. ("They have to be smart," says Dr. Harley C. Shands, Director of Psychiatry at Roosevelt Hospital in New York City. "They can deal with an abstract—fear. Only very bright people can grapple with abstract qualities.") They're also highly imaginative, able to paint sensory images in their mind so vividly that their bodies respond as if to the real thing. They're emotional, reacting strongly to and identifying with the fictional characters in novels and films. Finally, they're hypersensitive, and therefore vulnerable to potentially frightening situations.

The help that hinders

Until recently, practically all efforts to help phobics failed. Psychiatry eschewed responsibility for reversing the sickness's symptoms, focusing instead on understanding its causes. Moreover, the help of well-intentioned friends and families often was—and continues to be—actually a hindrance.

A few years ago, for example, Jimmy's father decided to take his wife into town. He had a feeling—a feeling many healthy



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people share—that phobics, confronted with whatever seemed to frighten them, would realize the illogic of their fears and be spontaneously cured. Jimmy's father thought a pleasant journey to a shopping center would return to his wife the cheerful frame of mind she once possessed.

He was wrong. She found every inch of the trip acutely painful.

Being out of the house is torture for agoraphobics. Sitting in the car, they feel locked in; driving down one-way streets, they feel cut off from exits. Bridges and tunnels seem to trap them, and once they're outside the car, their fears remain. They're unable to try on dresses in clothing shops or have their hair shampooed in beauty parlors, because being undressed, or wet, prevents them from running away. Theaters seem to keep them imprisoned in rows of seats. They don't even feel free to use charge cards: Ready cash is speedier and allows them to escape back to their homes faster. Moreover, going outside underscores their inability to handle commonplace situations.

"There's nothing to be afraid of," Jimmy's father had insisted. But his wife *knew* there was nothing to be afraid of. Having the fact so graphically illustrated confirmed her feelings that she was hopelessly abnormal. She resigned herself once more to life inside her home.

Jimmy's mother also knows that her husband could find more cheerful company, and that she often fails her son. She's afraid she'll drive them—the two she needs most—away from her. Like all phobics, she's hit hard by guilt. When her family becomes tense, she blames herself and tries to make amends by being submissive.

Other phobic people feel guilty when their spouses are patient and accommodating. In fact, sometimes an understanding husband will unwittingly encourage his wife's inability to cope. His strength and dependability reinforce her weakness and vice-versa. When recovery begins, these husbands sometimes have difficulty dealing with their wives' growing strength.

Treatment that works

Twenty years ago, Dr. Manuel D. Zane began to work on a treatment called Contextual Therapy. Clinics practicing his methods have since opened nationwide, and the success they report is extraordinary. New York City's Roosevelt Clinic, for example, opened in 1976, has treated hundreds of patients, almost all of whom have been cured. Like reformed alcoholics, these former phobics must continue to reckon with their past illness. But now they have tools to keep their fears within bounds. They can get on with the business of living.

Contextual Therapy begins on an individual basis, and *(continued)*



At last, a cookware set that covers all your cooking needs



It's true! Here's one set of cookware that you can use for both microwave and conventional ranges. New Regal CAST-PLUS! Dishwasher safe, the warm amber glassware is designed to perform in both microwave and conventional ovens — or as covers on the popular SilverStone lined Regal Cast. Oven-tempered design and easy-grip handles allow you to use glassware from refrigerator, to oven, to tabletop. Choose from a variety of CAST-PLUS set combinations to meet your cooking and baking needs . . . and add versatility to your kitchen scene.

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PHOBIAS

continued

agoraphobics are initially treated in their homes. At first, patient and therapist remain indoors, but little by little they emerge, first to the front porch, then to the street and finally to the world beyond. After anywhere from seven to 30 weeks of treatment, agoraphobics are brought together in small support groups, which meet for a few months more. Slowly, they learn to keep their fears within bounds.

Typical is the story of four agoraphobic women who had been working with Judie Biderman of New York City's Phobia Resource Center. After about two months of individual treatment, they each drove to the first group meeting, at Maria's house. It was a big step for them —but only a step. Barbara still couldn't drive on the highway; Mary Ann couldn't drive with anyone watching her; and Rose insisted on keeping the door unlocked so she could escape quickly. But three months earlier these women had been as incapacitated as Jimmy's mother. From that standpoint, their improvement was significant. One particular session, during which Judie took the four women on a shopping trip, reveals how Contextual Therapy works.

The four women agreed to go with Judie to a dress shop. After Maria decided to drive, seating became a major concern. Sitting by the door offered easy escape, while the middle seat felt trapping. Barbara agreed to take the feared spot. "I'm at a five," she told Judie, following Dr. Zane's instructions to rate fear reactions on a scale of one to ten (a one rating indicates calm; ten, panic).

Entering the dress shop, the phobic women reported levels of fear from three to six. When the clerk asked Mary Ann if she wanted help, her panic level shot up to eight. Seeing this, Judie reminded her to feel the dresses on the rack. This brought Mary Ann's attention back to the situation at hand, and she forgot her terror of going into a phobic attack.

As they continued walking through the store, the women talked quietly about their feelings—they were insecure, embarrassed and alternately terrified and calm. The sight of two exits reminded Barabara that she could leave. This put her more at ease.

A saleswoman came by to offer help, and Rose became very anxious. But she identified her fear specifically, and told Judie, "The saleswoman acts as though she wants to control me."

"No," Judie corrected her. "You control her. You can either buy something or leave her store."

The women continued to browse through shelves and racks. After 30 minutes, they left. The clerks never suspected that these were not four ordinary customers.

Four weeks ago, these women couldn't walk into a store at all.

Four weeks from now, they may be able to do it alone. And, most important —*they* know it. **End**

FOR GEORGIA O'KEEFE

By Wade Van Dore

Here is soul illustrated
In painting sharper than words—
Abstraction that drifted
To ultimate form.
Her landscape evolved beyond
The strategy of sex.
And now she stands
At the border of God.
And laps, like nature.
On the shore of nature
Propounding design
From the throat of a flower.
Here is fantasy
Enacted on curves
Embroidered by tracks
Of insects and birds.
Like hieroglyphics
On desert sand,
These, in this age
Denote the domination
Of her created own
Principle of crystal.

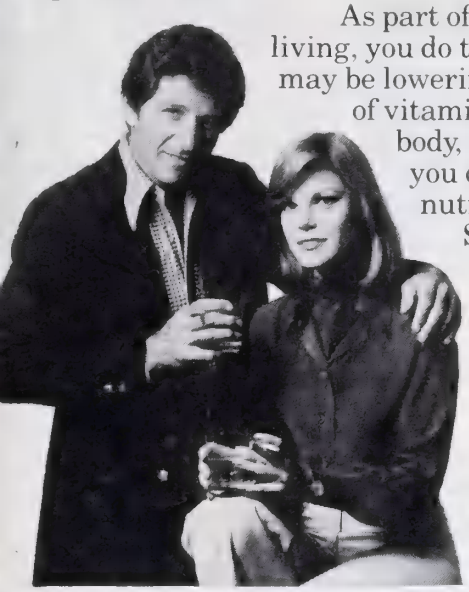
With so much concern about health, shouldn't more people replace the vitamins they're losing?

Vitamins are essential to everyone's health. he body requires vitamins and minerals to main- ain its life support systems. These nutrients are ssential elements in the body's process of convert- ng food to energy and in building body tissues.

Research has shown that it's very possible to ome up short on vitamins over a period of time ith gradual depletion of body stores. Then, once evels are significantly depleted, noticeable symp- oms can result.

You can lose your appetite and then body eight. Irritability, sleeplessness or constant drow- iness may occur. Lowering of vitamin levels over xtended periods can affect your body's chemistry nd, in turn, result in abnormal metabolism. This hen can influence your performance.

You may not even know you aren't getting nough vitamins.



As part of everyday living, you do things that may be lowering the level of vitamins in your body, and robbing you of these vital nutrients.

Smoking and Vitamin C.

You are probably aware of the continuing controversy about smoking and health. But, you may not be aware hat smoking may rob the body of vitamin C. Fact s, studies have shown that blood plasma levels of itamin C were as much as 30 percent lower in eavy smokers than in non-smokers.

Drinking and B_1, B_6 and folic acid.

Heavy consumption of alcohol can rob your ody because it interferes with the body's utiliza- tion of vitamins. Particularly B_1, B_6 and folic acid. What's more, alcohol consumption can lead to poor eating habits and a consistently poor diet.

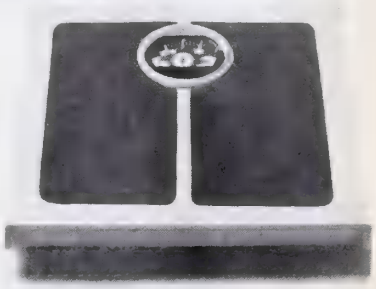


The Pill.

If you take oral contraceptives, your vitamin levels may be at risk. Research has indicated that a large proportion of the more than 10 million women who use the pill may have reduced levels of C, B_1, B_2, B_6, B_{12} and folic acid. Your vitamin B_6 needs can increase from two to ten times the normal amount, for instance. Ask your physician.

Dieting and poor eating habits.

If you eat on the run or skip meals, or eat less than normal so you'll lose weight, you may not be getting all the vitamins and other nutrients you need. If children snack in between, your nutritious meals may often end up in the garbage.



How to replenish the vitamins you may lack.

Fortunately, there are a variety of ways to make sure you get enough vitamins. First, eat a balanced diet, featuring a variety of nutritious foods. Today, many foods are fortified, so read the nutritional labels of the food you buy, and choose wisely.

Just to be sure, you can take vitamin supplements daily. There are a number of different formulations including multiple vitamins and B-complex with C, as well as supplements of individual vitamins. Since vitamins are essential for good health, isn't it worth a few cents a day to protect yourself?

Vitamin Information Service,
Hoffmann-La Roche Inc., Nutley, N.J. 07110.

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RCD 1936R

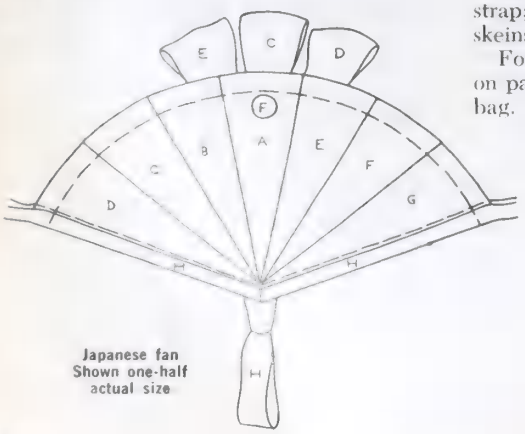
Your health is our concern.



Spring Bags

continued from page 183

Tape edges of canvas with masking tape. Follow diagram and color chart (pictured on page 183) to work all rows in straight st. Horizontal figures indicate the number of sts in ea color; vertical figures the number of lines over which stitch is worked. Solid lines outline specific areas. Increase or decrease as necessary to form diagonals. To finish, block canvas. Turn under all edges and tack in place. Line if desired. Cut back of bag identical size. Stitch hem across top. Turn in sides. With right sides out, whip stitch together. Attach strap to inside of bag at top sides.



Japanese fan
Shown one-half
actual size

GEOMETRICS

SIZE: Finished size is approx. 4½" x 5".

MATERIALS: 6½" x 7" piece of 14 mesh canvas; same size piece of suede or heavy fabric for back of bag; 2 pieces suede or ribbon ½" x 26" for ties; masking tape; DMC tapestry yarns, 2 skeins each of: 7169 A Rust, 7255 B Lilac; 1 skein each of: 7995 C Blue, 7768 D Green, 7439 E Burnt Orange, 7232 F Gray, 7999 G Black, 7211 H Pale Pink, 7199 J Maroon, 7367 K Dark Olive, 7606 L Red.

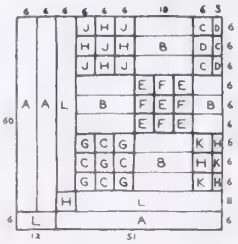
Follow diagram and color chart and work as for "Chevron" bag. Sew ties together to each side of bag. Knot together at top.

CHECKERBOARD

SIZE: Finished size is approx. 7" x 7".

MATERIALS: 9" x 9" piece of canvas; same size piece of denim for back of bag; ½" wide Blue grosgrain ribbon 30" long for strap; masking tape; DMC tapestry yarn, 3 skeins each of: A Ecru, 7297 B Blue.

Follow diagram and color chart (pictured on page 183) and complete as for Chevron bag. **End**



Geometric

Spending Your Money

continued from page 40

Similarly, you are also allowed a one-shot credit for the purchase of solar, wind and geothermal energy equipment of 30 percent of the first $2,000 and 20 percent of the next $8,000 of such purchases. *Don't overlook the chance to let the IRS subsidize your purchases.*

You can buy and get income tax credit for:

- insulation (fiberglass, cellulose, etc.) for ceilings, walls, floors, roofs, water heaters, etc.
- exterior storm (or thermal) windows or doors
- caulking or weatherstripping for exterior windows or doors
- a furnace replacement burner that reduces the amount of fuel used
- a device to make flue openings (for a heating system) more efficient
- an electrical or mechanical furnace ignition system that replaces a gas pilot light
- an automatic energy-saving setback thermostat
- a meter that displays the cost of energy usage.

You must have installed these items in or on your principal residence after April 19, 1977 and before January 1, 1979 to claim them for 1978.

Also, you must be the first person to use the item, and the item can be expected to remain in use for at least three years.

The following items are not eligible for credit: carpeting, drapes, wood paneling, exterior siding, heat pump, wood- or peat-fueled residential equipment, fluorescent replacement lighting system, hydrogen-fueled residential equipment, equipment using wind energy for transportation, expenditures for a swimming pool used as an energy storage medium and greenhouses.

Energy-saving credits for people who rent.

Money spent on storm windows, weatherstripping, etc., is eligible for tax credit even if you rent. If the property is your main home and you and your family use it as such, you don't have to own the residence. And don't forget, if you own a cooperative or condominium, you also can claim the credit for your energy-saving expenditures. **End**

PREROGATIVE

By May Richstone

Your compliments are sheer delight,
So tamper with the truth, my dear.
By now I hope I've earned the right
To all the lies I love to hear.

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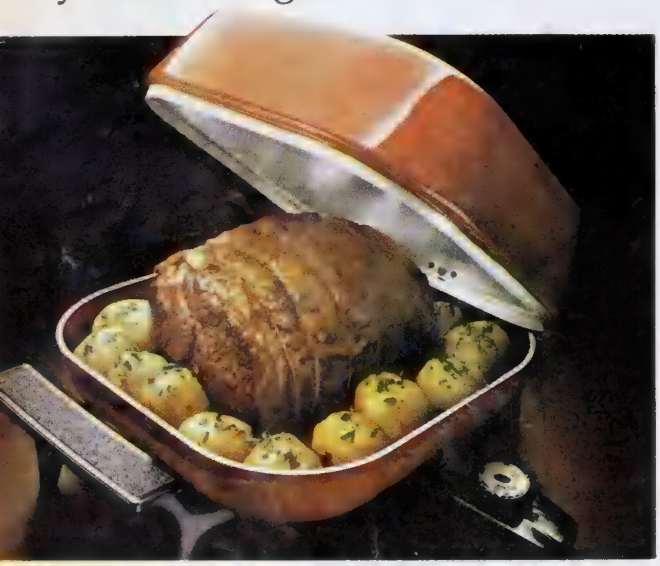
23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.

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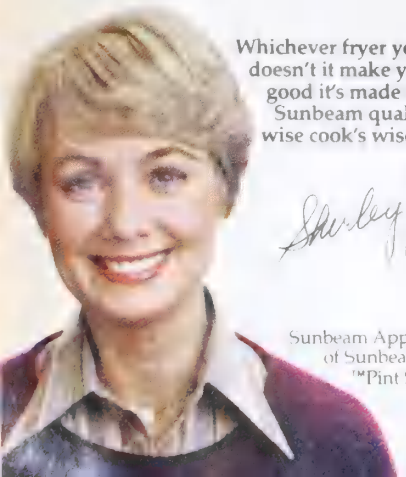


Sunbeam Crocker Frypan. Terrific Sunday morning brunch maker.

Slip in the crock insert and slow cook your way to compliments.

2. This frypan leads a double life. It's a slow-cook expert too. Nice to have that extra Teflon®-coated frypan in the house. Nicer still that the crock insert transforms it to a large capacity slow cooker. While you work or play, it cooks all day. Come home and serve up juicy chicken or stew to your whole family. Take a bow. Ah! The compliments.

3. A fryer that cooks, slow cooks and fast fries too? This one does it all and you're going to love it. It's a deep frying pro. Just fill in the bottom of this aluminum basket with shrimp and they'll fry up crunchy and golden. Add the crock insert and simmer up the sauciest baked beans ever. Or use the big 5 quart pot to heat up anything. It's an energy saver, and a life-saver when there's no more room left on your range.



Whichever fryer you choose, doesn't it make you feel good it's made with Sunbeam quality? It's a wise cook's wise choice.

Shirley Jones

The Sunbeam Crocker Cooker/Fryer. A great five-quart cooker.

Add the crock insert and simmer beans.

Add the metal basket and French fry shrimp.



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The Watch Cat

continued from page 105

more than he can say, and I recognized on him her formal dress of basic black, charcoal-shadowed in sunlight. He had also inherited her shirtfront and the random splashes of white across her legs. She had carried her first family to the woodpile inside a fenced enclosure on the east side of my garage, a safe house for cats on the run. Tucked between oak logs, her kittens practiced their amazing graces, learned bluff from blunder and discovered what fun it is to be a cat.

His mother was white and wild and she never trusted me. He was born between hay bales in the stable, where she never thought I would look, and not until his eyes were open did she move him and his siblings to the woodpile. By then I had acknowledged a permanence of cats in my immediate circle and was providing a bread pan filled with canned and dry cat food to a dozen feline visitors each morning. He was the first of his generation to climb to the topping board, then to the connecting branch leading to the roof of my house. It was there that he took up his watch at the roof edge, waiting for me, then following along above me to breakfast.

His was the first cat face I saw each morning, and for many weeks I saw only his face, floating along the shingled rim of my house, appearing through the branches of his climbing tree, finally rising above the fence as he waited for me to catch up with breakfast. Even his kitten face was startling. His eyes were larger than the other cats' eyes and the color of pharaoh's gold. A scattering of eyebrow rose above them to form a high tiara, spiked and frosted. His male face was broad, but flaring tufts extended it and long whiskers swept to either side. His stare was owlishly angry, point-blank and fearless. I was always the first to look away.

He was still an adolescent when he came down from his catwalk to meet me at my door. Three dogs precede me through that door, tumbling into morning to chase night scents, spreading early birds and careless cats before them. But not the watch cat, as I had come to call him. He stood his ground as determinedly as a surfer meets a wave, then walked ahead of me to the enclosure, tail stiff, ears flattened against the breath of dogs. Inside, his sisters and brothers waited out of sight until the door was closed before they ventured to the pan. Not the watch cat. He settled to his meal without a backward glance. And as my wild cat family grew and tiptoed into a wider world, the watch cat went his way alone to see what else there was beyond the safe circle of trees.

He spent his first summer prowling the pasture, freezing above a gopher hole, zigzagging among cattle, dozing on the roof in early afternoons. We met occasionally, and then he joined me, his stride always more purposeful than mine. He seemed to need to reach my destination first, then go on a little farther to his own. His watch on the world continued. He took up vigil along the ridge line of my roof where he sat within his tail beside the weather vane, watching. He patrolled the fence lines, impelled by more than appetite and instinct justified. Food and females, after all, were nearer home. His was a total freedom because he used it without limit. If he had been born a man he would have discovered a lost continent or been first to reach a star. I understood this and, while I felt the satisfaction a parent takes in the accomplishments of an exceptional child, I envied him. We like to see ourselves as syntheses of all in nature we admire, a sum greater than its parts. We call ourselves tigers and eagles, hawks and doves; we are foxy, bullish and dogged. We work like beavers, run like deer and are wise as owls. Most often, however, we see ourselves as cats. Watching the watch cat on his rounds reminded me of the gap which forever separates us from the qualities we so admire and would assume. He seemed to burn a little brighter than the rest of us, and he always made it look so easy.

A week of heavy rain in the closing days of January was celebrated by men, not cats. In such weather the outdoor cats retreat to rafters, to empty stalls, but they appear even in a downpour at the breakfast pan. For the first three days of that rainy week the watch cat was missing. I was not concerned; he had taken overnight trips before, and the rain had driven gophers from their flooded bedrooms. There was food enough without my offering. The climax of the storm came early Thursday morning, bringing rain so heavy at seven A.M. that the dogs and I waited just inside the door to make our morning rounds.

As I passed the open garage I heard his cry, a series of short, high signals. Then I saw him. He came toward me through the rain, walking on left front leg and right hind leg, using a wounded right front leg as a crutch to keep him upright. His left hind leg was dangling an inch above the ground, and he was almost unrecognizable. He was soaked, of course, but he had also shrunk. Only his great head was its normal size. The rest of him was a narrow slice of bone and fur. I carried him to the house, wrapped him in a towel and for minutes held him tight against my chest to warm him. And through the towel I felt him purr. Then I unwrapped him carefully to examine his wounds. His right front leg was swollen with infection from a gash above the paw. His left hind leg was no longer a leg at all, the bones so pulverized that it hung from the socket like a crooked tassel.

It was not yet eight o'clock, too early to call for help, but I called anyway. "Give me a chance to dress," the young veterinarian said, "then bring him over." My regular vet had sold his practice and moved to an easier life. I didn't know the man who had replaced him, but the time had come. While we waited, I placed the watch cat on the kitchen counter, opened a can of tuna and poured a bowl of milk, then held him upright while he ate every scrap of fish. He sniffed the milk suspiciously. He had never tasted cow's milk before, but a drop on his nose convinced him that there were things even he had not discovered. He drank it all.

I carried him to the car, another new adventure for a wild cat, and drove the mile through sheeting rain to the animal hospital. There I passed him, wrapped in the towel, into the doctor's arms. He would be tranquilized, then X-rayed.

"The infection indicates this happened some time ago," the vet told me. "But he made it home." The watch cat disappeared into an examining room, leaving me to provide his and my credentials to an assistant who had just arrived. "What's his name?" she asked.

"He doesn't have a name."

She looked at me, confused. There was a space on the card for Name of Pet. I was a man who had not named his cat. "We'll just put down black and white cat," she said.

How could I explain to her the importance of a nameless cat? Why should a name like Blackie or Boots or even Tutankhamun be necessary to confirm our special relationship? Cats are the only friends we have who are still unnumbered, unlisted, unaccounted for. Someone has estimated that America's cat population is 22 million, but he might as well have counted clouds. No one knows or ever will. The watch cat had no need of a name. We both knew who he was. Now, however, he was on record, and because I hadn't named him, was his life less important? These thoughts occurred to me as I stood at the counter in the outer office. "I've known him all his life," I finally explained, as if that might matter. "I guess I never needed to call him."

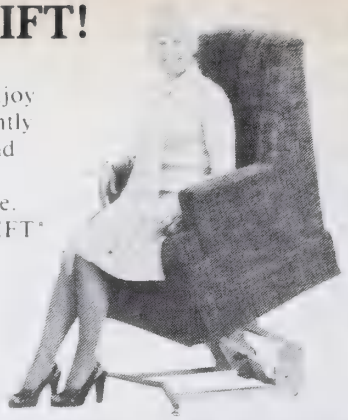
Late that afternoon the veterinarian telephoned. "Your cat was shot," he told me. "The X-rays show the pellets. The rear leg bone is shattered, the front leg badly infected but not broken."

"Can you fix it?" I asked.

"That's why I called. It will mean a two-to-three-hour operation, a pin to hold the leg together. And *(continued)*

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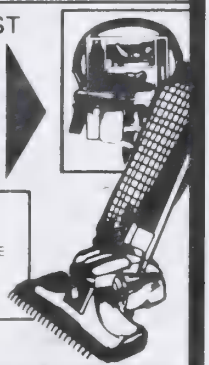


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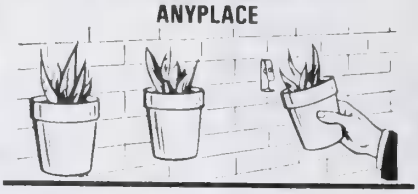
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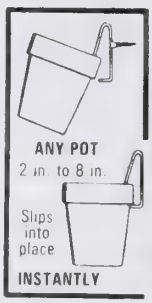


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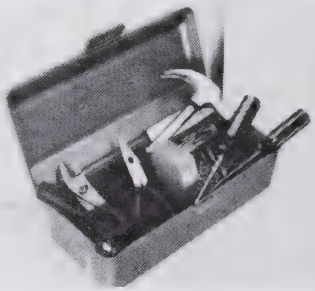
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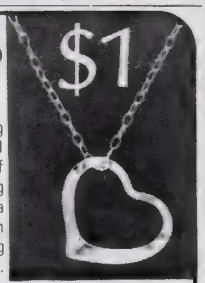
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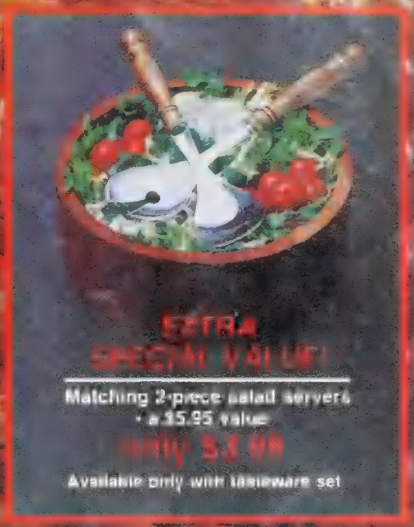
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will cost a hundred dollars." He hesitated. "Or I could put him to sleep."

"Will he be able to walk again?"

"Not for several months, but he's young. Young cats heal faster."

"Then fix it," I told him.

I think the young vet was pleased. For him it was a challenge, his reason for practicing. He may not have expected me to invest so much in a nameless country cat, an extra cat when there are already too many. At any rate, he added, "You can take as long as you like to pay me."

The watch cat came home ten days later in a cardboard cat carrier, luggage not for cats who travel but for people who travel with cats. The infection in his front leg had been eliminated. His shattered hind leg had been reassembled, then pinned together with a bolt whose head protruded below the leg joint. My instructions were brief and not quite impossible: Confine him for at least three months in a room without any surfaces above the floor reachable by a cat. He must not dislocate the leg pin, I was warned. "You'll be surprised at how quickly he'll adjust," the veterinarian assured me. I wondered.

I chose the laundry room, furnished only with washer and dryer and lighted by a high window without a sill. I provided a shallow basket, a cat box and a water bowl, then introduced him to his quarters. Except for the bolted leg he was well again and feeling fit. His coat had recovered its shine, his tail whipped back and forth and his penetrating stare was more than I could meet. Only his injured leg spoiled the effect of his royal wrath. It had been shaved to the hip, sewn in several places, and as he faced me, he looked like an angry monarch with one trouser leg missing.

The weeks of recovery began. I set a routine of frequent visits to present breakfast and dinner, to deal with the cat box and to release him for half an hour each evening to sit on my lap. He enjoyed this and purred to prove it, arching his back beneath my hand, touching my nose with his. He seemed quite willing to become a pet during those brief moments of escape from confinement. As I carried him back to his cell, however, he struck out at me, catching me with tooth or claw whenever he was faster than I was; an effective, if not a recognized form of interspecific communication. As I closed the door I felt the fury in his eyes and heard his silent question: Why?

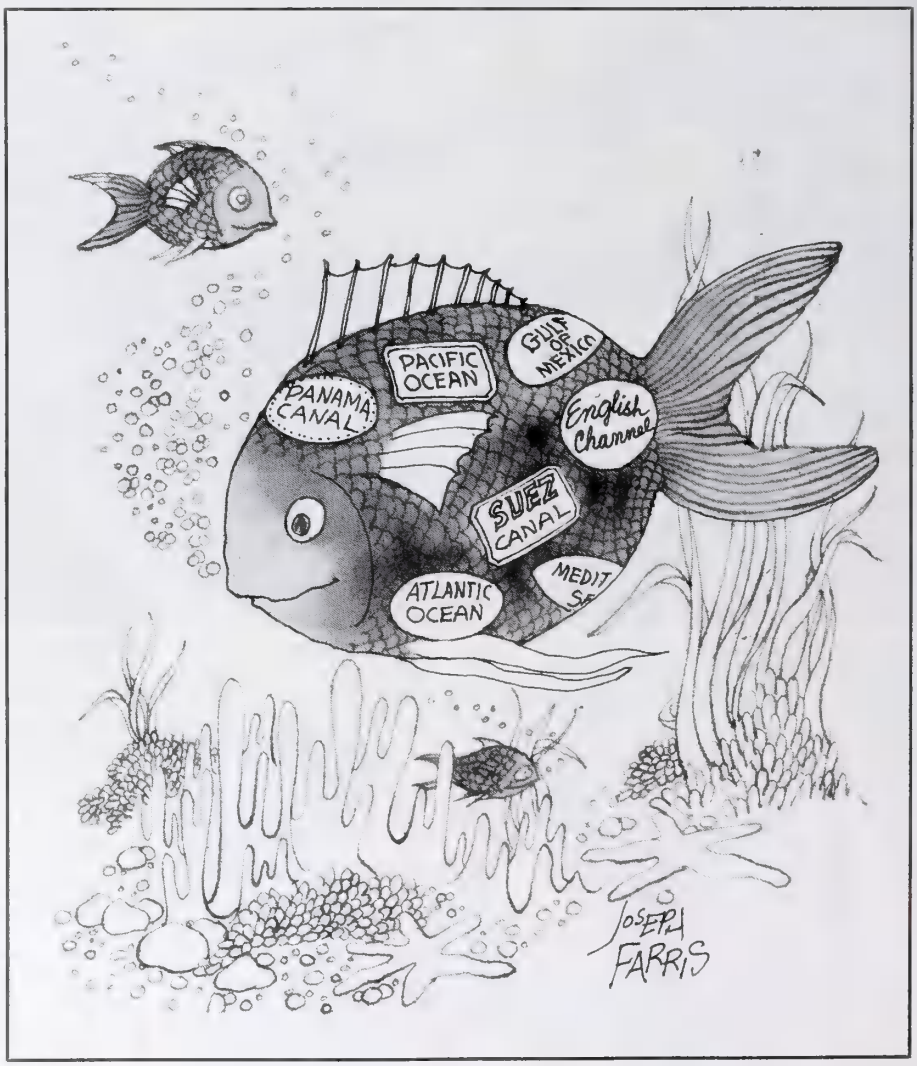
The void of misunderstanding between men is vast enough. Between men and cats it is infinite. In his famous Cat Bill Veto, Adlai Stevenson, as governor of Illinois, faced the impossibility of legislating cat behavior. "The problem of cat versus bird," he wrote, "is as old as time. If we attempt to resolve it by legislation, who knows but what we may be called upon to take sides as well in the age-old problems of cat versus dog, bird versus bird, and even bird versus worm." Why, then, do men shoot cats? Because, I suppose, they are there.

I brought the watch cat a present. A friend of mine invited me to spend a morning on his small boat exploring the spring perimeters of our replenished reservoir. He would fish; I would go along for the ride. It was a perfect day for me, although not quite perfect for him. In three hours he caught only one small trout and, self-proclaimed provider that he was, he decided to tell his wife he hadn't fished at all. He gave me the trout. I carried the fish home and laid it before the watch cat as proudly as a mighty hunter returns with a meal for his family. He sniffed it, then limped to his basket. I had to clean the trout, filet and broil it before he would taste it. "You'll be surprised how quickly he'll adjust," the veterinarian had promised. I was.

In early May I carried the watch cat back to have the leg pin removed. Bone and cartilage had formed sufficiently to allow unassisted nature to complete the reconstruction. Even then, however, he was not allowed to leave his plaster and porcelain cell. His leg, now slightly splayed, needed more time to heal, but by the first week of July it was strong enough to carry him from room to room, then from house to yard, finally to the fields he loved.

Off he trotted in three-quarter time, searching out his old paths, checking his lookout points, pushing his posted territory outward. And he is not earthbound. Once again I meet his eyes at sunrise above the roof edge, along the ladder limb, at the fence top where again he performs as scout for his relatives. Later, he may walk with us along our path, but not for long. With a backward flash of unblinking eyes he leaves us, tail high, to go his velvet way.

Our world is so well explored, so well explained, that we hunger for strangeness, wanting to believe that Bigfoot exists, that there is life on other stars. But look again. Perhaps there is a parallel reality just above your head, a watch cat with a crooked leg and angry, golden eyes. If so, don't shoot. He means no harm. **End**





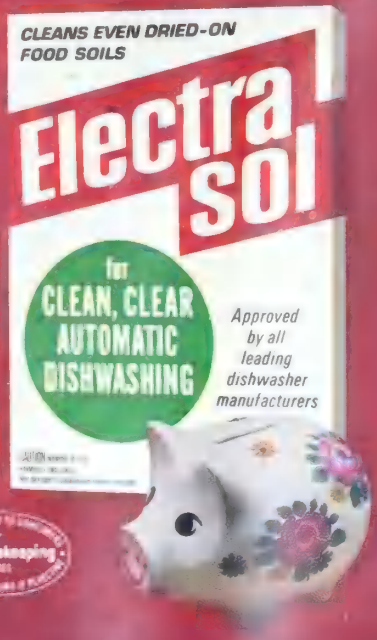
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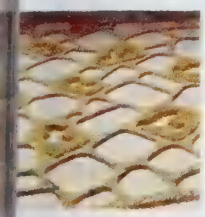
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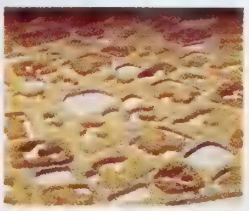
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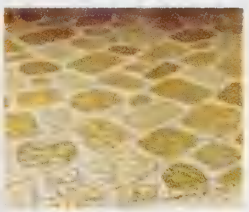
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Editor's Diary

Lenore Hershey

A MERV-E-LOUS MONTH!



The man, *Merv Griffin.*
The woman, *your Editor.*
The dress, *from a Simplicity pattern.*
The show: *the 5th Annual LHJ "Star Dazzle Awards."*

It's been a high-powered, glamorous round of activity recently for your Editor, and for the *Journal!* First, a visit to Dallas, including a talk to the Dallas Women's Club. Then Los Angeles, and our 5th Annual Journal "Star Dazzle Awards." The stars: Lynda Carter, Suzanne Somers, Jaclyn Smith and Lauren Hutton. We also presented a fashion show of Simplicity patterns . . . exciting sew-it-yourself fashions, many from our April pages. Then back to New York and a great honor: receiving a salute from the Fourth Annual Girl Scout Dinner, along with James D. Robinson, III, Chairman of American Express Company. Lots of other excitement, too, including some seminars for and about women, which we'll be telling you about in future issues. What does all this do for you, the reader? It keeps this magazine on the front line of things . . . and thus brings you there, too. Hope you caught, or will catch the Merv Griffin show, and its core LHJ philosophy "Every woman is a star."



L. to r: Lauren Hutton, Jackie Smith and your editor with Merv, and far right, Merv's woman producer, Betty Bitterman, who unexpectedly received our last award. Suzanne Somers and Lynda Carter were also on.

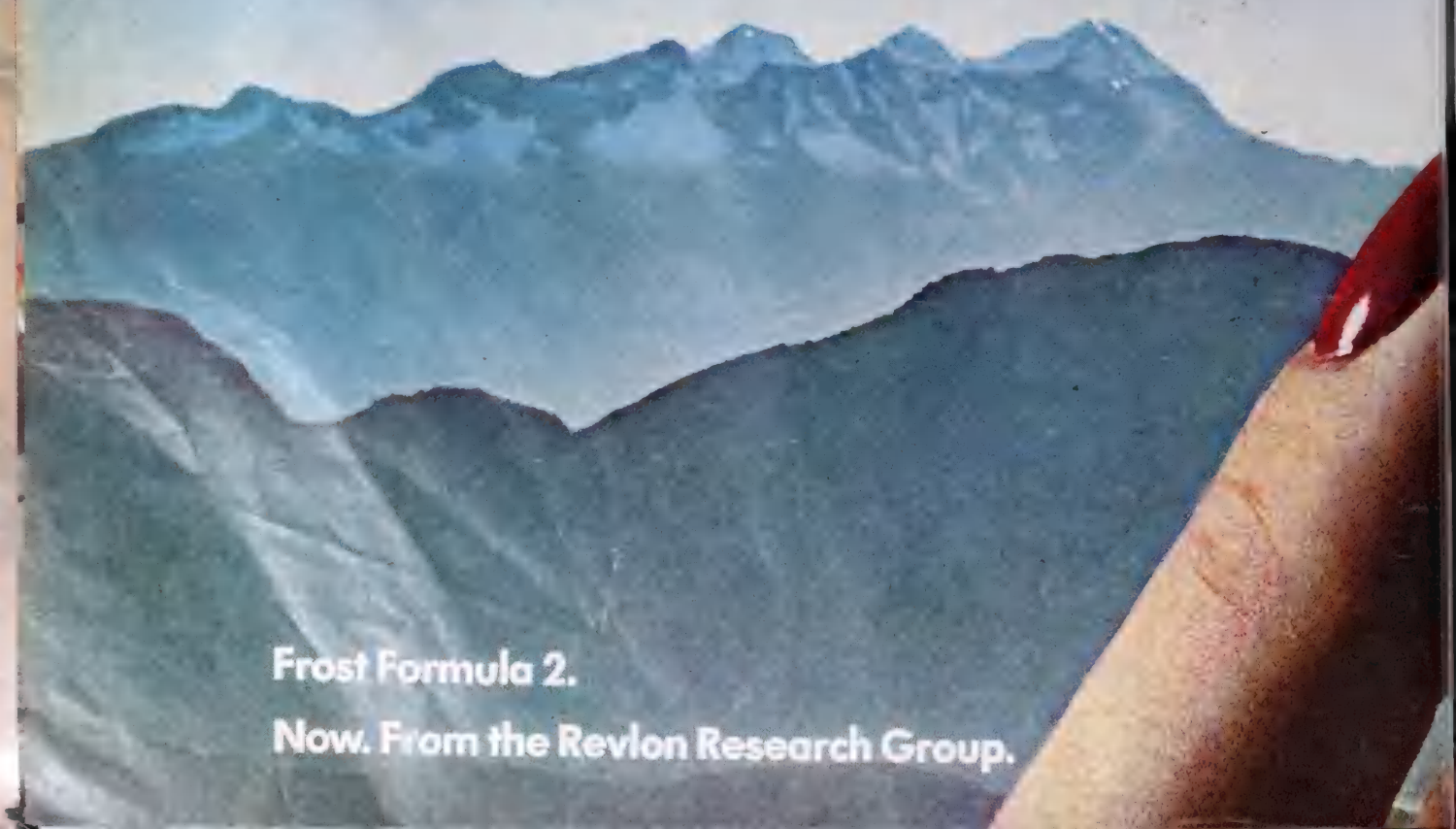
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What's Happening



Gene Shalit

With a little help from Sophia Loren, Gene's hair (for a moment at least) is no longer "not enough mussy."

When I first became a *Today* show regular on NBC-TV some five years ago, my appearance delighted a few but threw thousands of viewers into shock. An avalanche of mail buried NBC's executives. People sent in checks to pay for a haircut. A woman from a swanky suburb in Connecticut wrote: "How dare you put that man on at breakfast time! Could *you* eat while you were looking at him?" Still another letter, signed with 16 names: "We respectfully suggest that you cut off your head."

Some of the sharpshooting was fun. Not long ago, a bright caption writer for the *San Francisco Examiner* referred to my "organic Brillo," and during my first week on the program, Jay Sharbutt, then the TV critic for the Associated Press, said that I looked "like a free-lance anarchist." A turnaround occurred some months later. Affirmative letters began to arrive, individually expressed, but with a common theme: "When he first came on NBC I couldn't stand him, but he grows on you."

Some say my hair is a hedge against anonymity.

Wrong.

I've been a curlyhead since childhood.

My moustache took longer.

But I promise: It will never *be* longer.

Like everyone who appears on television, I submit to a makeup routine before going on camera, including a Houdini hairdresser who tries to domesticate my hair with a *brush brush, comb comb, pick pick*. After a recent bout in makeup, I prepared to greet Sophia Loren to tape two interviews. We greet warmly—a reunion. As a technician clips a tiny mike to my shirt, Sophia looks at me severely, tilts back for better perspective, and says, "Gino, what have you done to your *hair*? It is too flat, too perfect, not enough *mussy*." And with that, her fingers are in my hair: plucking, pulling, fluffing, patting, yanking, flipping, ruffling, stroking, poking, joking—"Ah, *now*! Better, yes?" An exposure of photographers gathered for her arrival has been snapping away, among them Dave Pickoff of the Associated Press, whose photo is at right, and the celebrated Alfred Eisenstadt, now 80, clicking his trusted Leica. They are taking pictures and laughing at her spontaneous attempt to *(continued)*



With a bit of ruffling and poking, Sophia Loren is able to look Gene over and pronounce, "Bravo!"



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What's Happening

continued

get my head on *not* straight, to undo its domestication. She looks me over, pronounces me ready—"Bravo!"

Sophia Loren had arrived in the studio with uncommon style: no entourage, no bigshotism—just Sophia—in a stylishly simple white blouse and white skirt, aglow with a few pieces of quiet gold jewelry, all eclipsed by that face. No matter how many pictures you have seen of Sophia Loren, you cannot be prepared. She deprecates herself: "My nose is too long, my mouth is too big, everything about my face is wrong, but . . . *(modesty has its limits)* I agree that somehow it works." Then with her warm smile she says, "Am I right?" and she laughs *dolce moderato*. Now, seated on the set, we deal with the questions.

On nudity and eroticism in movies:

"If what you see on the screen has been done with great taste, I don't see anything wrong in it. What I really don't like to see in films is violence. This is what I would forbid."

On her shyness:

"I can fall down if I walk into a restaurant alone, because I always feel exposed, always naked."

On what she has said was the "advantage" of being born in poverty:

"You go through so much suffering that you learn really the facts of life before you are an adult. I was born poor but when I was fourteen I was able to go to Rome and start to work and try to make a living for myself."

On having missed childhood:

"I'm having my childhood now with my children. They are the center and focus of my life. The more you grow with your children the more they grow with you. For me, my children have been a miracle. They changed my life."

One day Charlie Chaplin said to Sophia Loren: "When *you* are alone you're in good company."

LOOKS AT BOOKS

Who were your favorite authors last year? Were their books among the year's top best sellers? The final figures are in and the big winner is *Chesapeake*, the novel by James Michener. *Chesapeake's* inexorable tide shored up publishing profits with sales of 851,729. (Dr. Johnson warned us to beware of round numbers, but who can resist believing a figure as specific as that?) *Chesapeake* sold twice as many copies as did Michener's *Centennial*.

Rushing to runner-up was Herman Wouk with *War and Remembrance*. Oddity: this sequel to his *The Winds of War* outsold the first one by two to one.

The #3 best seller: *Fools Die* by Mario *(The Godfather)* Puzo. There were 274,084 hardcover copies sold b the big news came when the paperba rights were won for a record-cracki $2.25 million. (A cranky competit cynical about that payoff for *Fools D* muttered, "Fools live.")

Rounding out the top five: *Bloodline* by Sidney Sheldon, and *Scruples* Judith Krantz. Now *there's* a nice ha pening: *Scruples* (#5) and *Evergree* by Belva Plain (#6) are first novels, t only time in three years that a first nov has made it onto publishing's pantheo

The non-fiction category is peculi this year because it's crowded with *fi tion*. The Number One best seller w Erma Bombeck's *If Life Is a Bowl Cherries, What Am I Doing in the Pit* These cherries may stem from her rea life observations, and I cherish her hu mor, but her work is no more non-fictio than are the pieces by Robert Benchle or James Thurber.

The non-non-fiction absurdities co tinued through the list. In second plac was *Gnomes*. It was a swell book, writ ten without a single wink on its straigh face, but no kidding, there really aren any gnomes. Nor faeries, either, ye *Faeries* fluttered into the eighth position

MOVIES: SHORT TAKES

Robert Altman's **Quintet** stars Paul New man in a film with the glistery look of a icy chill. The time is a no-time of some

(continued on page 24

GENE SHALIT RE-VIEWS

Animal House is for those who like wil college humor. If you do, you'll have a goo time.

The Brink's Job stars Peter Falk in a fun version of the famous Brink's robbery.

Days of Heaven comes close to being flawless; a film so lean, so precise, so true that it has the tension of a poem.

The Deer Hunter, set in a steel mill town in Pennsylvania and also in Vietnam, is an emotional, savage film, marked by superb performances about courage, fear, grace.

Every Which Way But Loose, starring Clint Eastwood, is supposed to be a comedy but is more of a shambles.

Hardcore: I'm sure there's a need for a movie about the evils of exploiting young girls in the porno movie business, but this is not the answer.

Heaven Can Wait glows with charm and gaiety. It stars Warren Beatty and Julie Christie. When you leave this film, you'll be feeling sky-high.

Ice Castles is for sentimental romantics and figure skating fans.

The Lord of the Rings is a triumphant, animated visualization of Tolkien's epic fantasy. Not a child's cartoon.

Moment by Moment teams John Travolta and Lily Tomlin in a tale so slow and dismal it should be called *Hour by Hour*.

Movie Movie is a delightful spoof of a 1930s double feature, with an all-star cast.

On the Yard is an intelligent prison drama with a range of cons who never loosen their grip on your attention.

Watership Down is a beautiful, animated fantasy based on the best seller. Solid, delightful entertainment for the entire family.

When You Comin' Back, Red Ryder? is a perfect movie for people who enjoy pulling wings from flies. I am not among them.

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Jill Muir, teacher, wife, amateur photographer.

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who knows
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me!

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IT'S NOT EASY TO BE A WOMAN TODAY!

"I'd Rather Live With Him"

By Cathy Mitchell

There has never been a more confusing—and stimulating—time to be female. As we move into the 1980's, new options and choices are available to wide segments of American women. Marriage and motherhood, work versus homemaking, the changing relationships between men and women . . . all these are among the issues that we, with your help, will be exploring. Here, in the first of a provocative new series, is one young woman's approach to her own life. (The Census Bureau reports that nearly a million unmarried couples lived together in 1977, an 83 percent increase over 1970.) We'd like to hear your opinions and thoughts about this controversial subject. But we'd also like to know how you, as women, are facing your own lives and your own problems.

"It's Not Easy to Be a Woman Today." We will pay $250 for each manuscript accepted for publication. Manuscripts should be about 1,000 words, typed if possible, accompanied by a stamped, self-addressed envelope. Tell us how you are solving a specific situation, large or small, that represents the changing times in which women live today. Please send all entries to: Box INE, Ladies' Home Journal, 641 Lexington Avenue, New York, N.Y. 10022. Keep a copy of your manuscript. We cannot be responsible for loss or damage to manuscripts, but will make every effort to see that they are returned.

When I was 16, I liked to think of myself as a bit of a rebel. I wrote poetry and read books by Françoise Sagan. I defiantly walked around without any boots during the worst snowstorms of winter. But even I was shocked when I read in *Newsweek* that Julie Christie, the star then of the movie *Darling*, lived with a man out of wedlock. It seemed like such a bold and dangerous thing to do. Never in my wildest dreams would I have been able to predict that not so many years later I, too, would be living with a man who was not my husband.

I have, in fact, been living with him for almost three years. Today, however, not only is "living together" no longer a scandalous thing to do, it has become almost commonplace. (The Census Bureau estimates that at least one million couples live in a marriage-style relationship with someone who is not their spouse.) At times I'm even slightly embarrassed to admit to my cohabitation, not because I'm morally ashamed of it, but because I'm afraid people will think I'm trying to be chic or trendy.

But chicness wasn't what I was after when I decided to share an apartment and a life with this man. Nor did I want to give him a "test run" before I put my money down. Or prove to the world that marriage was an old-fashioned idea. It just seemed like the right thing for us at the time.

I knew from the moment I met him that I wanted *something* to happen. I liked his hair—parted in the middle as if he were out of the 1920s—and the sort of dapper way he dressed. But most of all I liked his crooked teeth. Here he was, this sophisticated young man of almost 30, yet when he opened his mouth he looked like he'd just come off the Little League field.

(continued)

Illustration by Alan Henderson

ME GRAY?



NO WAY.

My gray looked so awful, it made me look older than my husband.

I'm too young to look old. But no way did I want to use haircoloring. Until I found Loving Care® Color-Lotion.

It's not like most haircolorings. It's gentler. Because Loving Care has no peroxide. And no peroxide to me, means it's not forever.

It comes from Clairol. (And nobody else has anything like it.) It's so simple and easy. All I do is wash away my gray and wash in my own natural color. And I look like "me" again.

But that's not all the good news. My hair's in super shape now. It's got body. And shine. I can't believe how full it is. Loving Care is actually good for my hair.

My hair's never looked better. My hair's never felt better. And neither have I!

Clairol® Loving Care

No Peroxide Color-Lotion Washes Away Only The Gray



You're too young to look old.*

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It's Not Easy

continued

Ours was pretty much a whirlwind romance. From the start we went out every single night and before long we spent most of our free time with each other. It was clear that we both had given up thoughts of dating other people.

"Being together" was terrific, but soon it began to seem as if we were spending an awful lot of time in the process of "getting together"—what with all the making of arrangements and traveling back and forth between each other's apartments. When it was my turn to stay at his place, I'd have to trudge home from work, throw my clothes and blow dryer into an overnight bag and then head several miles across town. Before long my plants were drooping from lack of care, my stomach was protesting against nine o'clock dinners and my budget was bruised from taking so many taxis. I also had that weary, unsettled feeling that comes from living out of a suitcase too long. And so did he.

Then one day a friend of his who was going abroad for a year asked if he'd like to sublet his spacious apartment. It was a charming place with a view of the city that looked like the backdrop for a stage set. After he accepted the offer I couldn't help but fantasize about what it would be like to live there with him. I knew I was in love with him (I'd loved him practically from the start but I'd only dared to say it after he did) and I thought how nice it would be to be together all the time. But, oh, he'd never ask me I thought. A day later he did.

I said yes without hesitation. I had no doubts about the idea of "living" with him rather than marrying him. At that point in my life, marriage seemed like something that would have to be much further down the road for me. I looked at my friends' broken marriages heaped up around me. It seemed too soon to say, "this is what I want forever."

Nor was I worried that our arrangement would create family problems. Neither of our parents were upset by the situation. I think they realized that we weren't trying to rebel; we were just doing something that felt right for us.

But gradually a few doubts began to creep up on me, mainly over the thought of giving up my life alone. I'd been living on my own for four years and this would mean saying good-bye to my own apartment and my own shabby furniture and all those crazy infatuations with men on airplanes. During the first three weeks of our living together arrangement (when my old lease had yet to expire and I could have changed my mind) I spent at least an hour a night in a hot bath agonizing over whether I was doing the right thing. Now and then my friend would call, "Cathy, are you alright in there?" But finally one night I emerged waterlogged from the steamy bathroom, took one look at those crooked teeth and realized how much *better* things had been since they'd first flashed in my direction. (I really hated my shabby furniture and all the men I'd met on airplanes had later proved to be jerks.) I let my lease expire.

Since then, I've never once regretted my decision. I love my life with this warm, funny man who cheers me with imitations of Humphrey Bogart and thinks that hugging is one of the best things in the world. Our situation is easy and comfortable. (And now I don't have to sit around waiting for him to telephone after an argument.) When the lease was up on the sublet, we rented a new apartment and it's been even nicer to have a real place of our own. Yes, sometimes I miss leaving my dirty underwear around the bathroom in the hope that they might find their own way to the laundry. But now I have someone who unravels my problems, laughs at my stories, cooks me fresh pasta, takes out my splinters and spares me from looking beneath the bed at night for ghosts and murderers.

I also like the way my life is going now in other areas. It's as if the good feeling I have about my home life travels with me all day long. When I lived alone I felt at times like a high-strung pony. Or, as a friend of mine used to say about me, I was like "a person on an electric clothesline"—and it's so nice to be content, at ease, to feel all my muscles let go. I'm not suggesting that this kind of relationship was meant for everyone, but that for us it's right.

What to call him

I'm also not saying that we have no problems. There is, first of all, the ridiculous question of what to call him. Amy Vanderbilt has suggested "co-vivant" but I find that awfully pretentious. Lauren Hutton refers to the person she lives with as her "old man" but that seems inappropriate for someone with boyishly crooked teeth. For the time being, therefore, I have settled on "my boyfriend," although admittedly this is pretty weak for a man who is now over 30. It has actually been easier to come up with a way to refer to his parents. With great fondness and much to their amusement, I call them my "outlaws."

And then, of course, there are the inevitable difficulties that arise simply from sharing living space with another human being. Suddenly you see everything without the glaze of courtship—you see the grouchy moods, the temper, the tired boxer shorts, the bags of garbage begging to be cleared away. Fortunately, we've been able to work most things out (with some help from two-ply trash bags) and, much to my surprise, I've discovered that I—the girl who always ran after star quarterback and near-perfect-as-possible-men—am rather a sucker for some of the most human of traits.

But I'd be kidding myself to say that the only problems we have are those faced by any married couple. There are some that arise solely because of the nature of the situation. I suppose the hardest of all for me is that bit of uncertainty that I sometimes sense lurking nearby, the uncertainty over how he *really* feels. In any relationship, people go through various cycles and there are moments when you just aren't in perfect rhythm with each other. You have to learn to take those times in stride, but I wonder if that might be easier to do within the framework of marriage, because then both people have dared to make a statement about their feelings. I grew up hearing that marriage was the ultimate declaration of love. Though I'm not ready for it yet, there are times I yearn for a mere proposal.

Still unentangled

Another problem for me is the sense of temporariness about our setup, the sneaking suspicion that I'm still, in a way, living out of a suitcase. It's not that we aren't committed to each other. (Rather than a public ". . . till death do us part," we've opted for a private "We're doing the best to make things work.") I know, though, that because of how unentangled we are—separate checking, separate savings, separate purchases—it would be very easy for one of us to pick up and go. (And believe me—neither of us would expect "alimony" from the other!)

I must also wrestle occasionally with the question, "Why, if I'm so crazy about this person, aren't I willing to make any promises?" Three years ago I may have been gun-shy about marriage but I'm certainly further down the road by now. Well, I must admit that though I never set out to give him a test run, I have discovered that I probably could live happily with him forever. If I were going to marry, this is what I would want; so one of these days we might just decide to take the leap.

But not right now. There are still a few more things I'd like to find out about myself. I know it must seem as if I'm trying to have the closeness of marriage without the real commitment, but we're both happy now with the arrangement. And that's what matters.

And, for the person I am at this time of my life, this seems perfectly right. If things fall apart one day, I don't think that will detract from what's been good about these years. And, if we do decide to marry within a year or two, I'll at least be sure of my decision. And I won't have to spend the first year of married life soaking in the tub. **End**

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Can This Marriage Be Saved?

"My Husband Doesn't Trust Me"

Dorothy Cameron Disney

If a wife is already guilty in her husband's eyes, does it matter if she's innocent? Jan wanted to be faithful, but John's jealous accusations made her think about other men.

This case is based on information from the files of the United Family and Children Services of Miami, Fla., a non-profit organization that has served the Dade County community for over 30 years. The UFCS stresses the importance of early counseling for marital problems and helps approximately 10,000 families a year. The counselor in this month's case was James Barry.

JOHN'S TURN

"My first wife cheated on me. I got lucky my second time around and married an angel," said 25-year-old John. An attractive young man with blond hair and pleasant brown eyes, John was a paramedic with the fire department.

"My rotten jealousy," John continued, "is the reason for all our troubles. But I don't know how to control it. There is nothing wrong with Jan, nothing. I'm responsible for all our misunderstandings.

"Maybe I love Jan too much. Since our marriage, a year ago, she's always in my thoughts. That's a bad thing in my case. It keeps my emotions on edge, my brain churning with fantasies and fears.

"Take last week, for instance. While I was on night duty, the department got a call to the scene of a nasty traffic accident, a three-car collision. One of the cars looked exactly like Jan's—same make, same model, same color. And the driver, who died in the accident, even had red hair like Jan's. It really shook me up.

"When I returned to the station, I desperately needed to hear Jan's voice. I called the house; there was no answer. I called her parents, her friends, anyone I could think of. Then, on a wild hunch, I called a disco that she had once pointed out to me. Well, I didn't reach Jan. But her best friend, Sally—a real lush, in my opinion—answered the page and said Jan was busy, dancing with some millionaire.

"I was over at the disco in five minutes. I don't like my wife dancing with strangers. She's married and she's mine. We had one of our knockdown-dragouts. She threatened to leave me and asked me to help her pack. Eventually I talked her out of it.

"The next morning I fixed breakfast and carried it into her. At first she seemed pleased, willing to make up, but when I kissed her she turned stiff and shoved me away. Her cold rejection tore into me like a knife.

"I love Jan with all my heart and I need to make love to her. If we make love once a week, she thinks I should be satisfied. She says my jealousy and possessiveness, the scenes I create, turn her off. To further humiliate me, she says her old boyfriend, a piano-playing pea-brain named Leo, never pressured her and she wishes I'd imitate him. I don't aspire to be Leo, that's for sure, and I know it's dumb to be jealous of him. Nonetheless, I am.

"I don't intend to be a two-time loser, if I can help it. When I divorced my first wife—or rather, I let Betsy divorce me on grounds of incompatibility; I had no desire to blacken her reputation—the experience broke my self-respect into little pieces. I'm the serious member of my family, too sensitive for my own good. In fact, I probably should have made a joke about the situation, like my brother George did.

"George is two years older than me, twice as rich from shady real estate deals, and he treats me as an inferior. After my divorce, George snidely remarked that I wasted money buying a license to marry Betsy. He said I should have joined the crowd that only had to follow her to the nearest alley. We had a fist-fight over that remark and, as usual, I ended up with a bloody nose, while he and Pop had a laugh at my expense.

"In spite of all the talk, I never believed Betsy was an outright tramp. We married too young—I was eighteen and she was only seventeen—but we were in love. Anyway, *I* was in love. I've always had this need to give love and affection, to link myself to people who need me. That's one reason why I became a medic when I was drafted into the army.

"I can still recall the day I left for Vietnam. Betsy clung to me at the airport and begged me to stay with her, an impossibility. It was months before I was home again. By then I had lost my wife. She had slept with two other guys, maybe more, but I didn't want to believe it. Finally, I couldn't kid myself; she would never be faithful to me. The last I saw or heard from her was in the divorce court.

"For a long time after the divorce I was a loner. The only person I cared to see was my mom, who has had to put up with my father's infidelity for years. Mom leans on me for support, and I'm happy to be of help. Corny as it may sound, I want to be of some use in this world.

"Anyway, my loneliness ended when I met Jan at a friend's wedding. She appealed to me in every way. She was sweet, pretty, polite, soft-voiced and a little shy. She wasn't at all like my first wife.

"We danced together at the reception, and I told her my sentiments at length. She was dating the piano player then but, according to her, *(continued)*


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There's an elegant distinction between dining out and dining all-out.
For the latter luxury, may we suggest a more subtle martini.
Smirnoff over ice with a splash of mineral water.
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Can This Marriage Be Saved?

continued

they were free to see other people. Jan sets great store by personal freedom, which I think should play a very small part in a relationship. That day, however, I wasn't going to argue the point—I grabbed at my chance to date her.

"Jan and I started dating every night, though I was usually dead-tired from my two jobs, one in construction and one with the fire department. I didn't care about my fatigue. I was madly in love and saving money to get married.

"Jan says she hasn't seen Leo since our wedding day, and I believe her. But she thinks about him, she admits it. She also talks about another ex-boyfriend, a guy who lives in Italy. I wish she would put the two of them out of her mind. I know she's comparing the three of us—to my disadvantage. I worry about it constantly.

"I also worry about her associating with Sally. Sally is promiscuous, headed for bad trouble. But Jan won't listen to me. She says it's my jealousy."

JAN'S TURN

"I married a jealous little boy who treats me like I'm some kind of windup doll," said 23-year-old Jan, a petite redhead who, except for the obstinate set of her jaw, looked very childlike.

"John," she continued, "can't get it through his head that I have a right to be treated as an adult. I have a right to my own opinions and a right to choose my own friends. I don't need him hovering over me. When he's on duty at the fire station, he keeps the wires hot—sometimes he phones home every thirty minutes—trying to keep up with my most trivial and innocent activities. He gets an irresistible urge to hear the sound of my voice, he says. But I know darn well he's checking up on me.

"On the evenings he works, John wants me to stay home by myself and finish painting our kitchen, which, I admit, needs doing. Or, he'd like me to just sit and think about him and how great he is, while I wait for his totally unnecessary, maddening phone calls. Whenever I'm not home to answer, he phones all over town, tracking me down. It makes us look ridiculous—like I'm an infant, and he's an idiot.

"He also wants me to stop seeing Sally, my best friend. I enjoy Sally's company. We have fun together—something John doesn't know how to do; he's too busy working, or checking up on me.

"The other night I was painting the kitchen ceiling when Sally came over. We'd both had a bad day at work and, at her suggestion, we went to a disco to

(continued on page 32)

TWO POEMS BY SENATOR EUGENE McCARTHY

MARGARET

She is very hard to find.
Her eyes are speckled,
Her nose is freckled,
Her hair between chestnut and brown.
Her smile is almost a frown.
She lives in a room full of posters and pictures
With a brindle dog and a calico cat
And a sand-colored gerbil that is really a rat.
Were it not for the windows and door
You could not tell a wall from the ceiling or floor.

She's a trout in the sun,
A fawn in the shade,
A chameleon, ever changing her color.

When asked to use an umbrella, she maintains
"I have had very little trouble with rain."

SUMMER RENTAL

This is my abode until October.
This is a habitable house.
It is a ready house.
Whoever lived here
Left just ahead of me.
They left rubber bands and paper clips,
Stamp holders, letter openers,
And a scale for weighing the mail.

This house has been kept.
There are sachet bags and orange balls
With nutmeg in the drawers.
Summer slipcovers are on the chairs
And summer rugs upon the floors.

The people who lived here
Read Trollope and Defoe.
They left quietly and decently.
Death did not interrupt.
They left generations in cupboards
And in corner closets,
Family silhouettes on the walls
And great-grandfather's sword and cup.

There was no quick sale
Or sudden moving out.
They left only under,
The duress of summer.

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What's Happening

continued from page 10

sometime future when the ice has arrived and frost freezes the world. Newman arrives in a city to seek his brother, and finds a murderous society playing a board game whose stakes are death. The film is obscure yet mesmerizing and the cast is splendid. Besides Newman we have Bibi Andersson, Brigette Fossey, Vittorio Gassman and Fernando Rey.

Your Turn, My Turn is a merry, moving, marital romance from France starring Marlene Jobert as a wife made unhappy by her inattentive husband and Philippe Leotard as a man who wants to give her all of his attention. It is an endearing romantic comedy and proves that I do not throw stones at all movies (as some cynics contend); *Your Turn, My Turn* is one turn I will leave unstoned.

In the autumn of 1926, the world-famous writer of mysteries, Agatha Christie, mysteriously disappeared for 11 days while England mounted an enormous manhunt (or in this case, woman hunt). She never revealed where she had been or why she had vanished. Kathleen Tynan has come up with a possibility, and it's been whipped into a movie starring Vanessa Redgrave as Mrs. Christie and Dustin Hoffman as an American newspaper columnist who tracks her down. The notion may be preposterous, but the acting is first-rate and I found **Agatha** (for that is indeed its title), a relaxing and pleasantly satisfying movie.

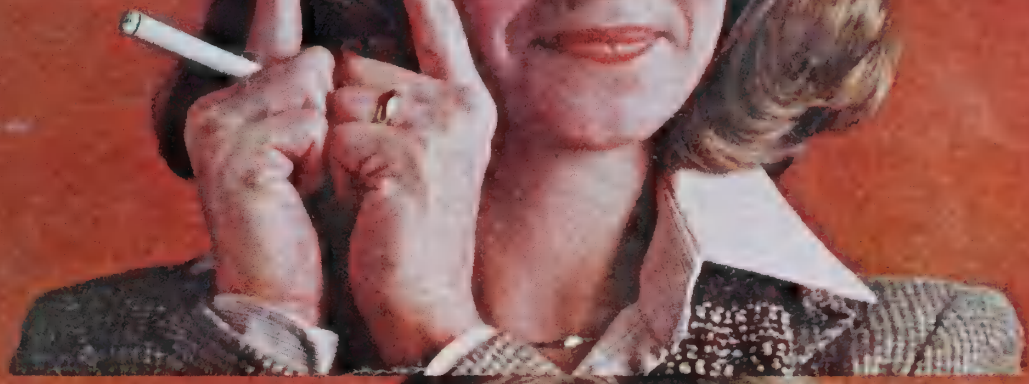
The new movie rip-off of Sherlock Holmes, **Murder by Decree**, is a mixed up, overblown windbag of a movie that must have Holmes's creator, the late Sir Arthur Conan Doyle, in heaven tearing out his wings. This Holmes, as played by Christopher Plummer, is terrifically physical. He comes out swinging instead of thinking, which is highly irregular for Baker Street, and the pacing is tedious: this is no pace like Holmes. *Murder by Decree* is *fought out* when it should have been *thought out*. **End**

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Spending Your Money

Sylvia Porter

Your rights when applying for a mortgage; new concepts in home-building; additional child-care tax benefits to which you may be entitled.

My income is almost as large as my husband's. However, when we applied for a mortgage recently, the bank where we have a joint account refused to include my paycheck in our total income, because when the loan officer asked if we plan to have any children, I said yes. Result: We're not getting a big enough mortgage to buy the house we want.
Your bank has broken the law in two important ways, and you should not only return to tell the loan officer so, but you should also file a complaint immediately with the Federal agency that regulates your creditor. Under the law your bank is specifically prohibited from: 1) Refusing to consider your income (as a wife) when you and your husband apply for credit jointly; 2) asking any applicant for credit about birth control or child-bearing plans.

If your bank is a national bank, direct your complaint to the Controller of Currency, Consumer Affairs Division, Washington, D.C. 20219. For all other commercial banks, the enforcement agency is the Federal Reserve Board, Division of Consumer Affairs, Washington, D.C. 20551. Complaints about savings banks and savings and loan associations go to Federal Home Loan Bank Board, 320 First St. N.W., Washington, D.C. 20001.

A group of us who work together in our community's health center have decided to start a Health Maintenance Organization for ourselves, and for others who have shown a great interest in belonging to an organization concentrating on maintaining health through the practice of preventive medicine. While we are convinced of the advantages and are determined to go ahead, we would like to have some specific questions answered. Where can we get them?
Write to the Office of Health Maintenance Organizations, Department of Health, Education & Welfare, 12420 Parklawn Drive, Rockville, Maryland, 20857. Or call the HMO information toll-free number: (800) 638-6686. Maryland residents may call: (301) 443-2300.

I've always dreamed of being an airline attendant and traveling around the country or world. I think I have all the qualifications: what are my chances of getting a job?
The official prediction of the U.S. Labor Department is that average annual openings each year from now until 1985 will be in the 6,000 range. But as the lowering of airline ticket prices spurs a boom in the number of airline passengers, employment is expected to grow much faster than average. Your chances should be excellent, but there will be intense competition for available openings.

We've decided to install a solar heating unit in our new home and protect ourselves 100 percent from the whims of the oil exporting nations and government policymakers. Do you agree this is a sound decision?
It doesn't matter what I think, because you won't be able to install a solar heating unit that will supply 100 percent of your home's needs. It would be far too costly, and the system would be much too large for the average home. Most solar units built today, says the National Association of Realtors, are designed to supply only 55 to 80 percent of your family's heat and hot water needs. You'll have to rely on a conventional heating system to do the rest of the job for you.

I've just been through a pretty messy divorce and I'm changing jobs to help me clear the whole atmosphere around me. How should I handle the divorce question, if it arises?
Don't volunteer your marital status. But if asked, answer the questions honestly and openly. Be direct and brief about your current status. Don't volunteer any information about why you were divorced and how messy the action was. It's no one's business but yours (this goes for your new associates as well as your new bosses). Don't criticize your former husband or complain about any financial settlement that might have been involved. If asked, express concern about the welfare of your former husband (no matter how you feel) as briefly as possible. You might tell your new employers before they find out from other sources if you do plan to remarry.

Even though I had made reservations well in advance and confirmed my paid-up tickets, I was "bumped" off a flight during the Easter weekend. I'm still seething, despite the fact that the airline gave me a refund and apologized, because my long-planned holiday was ruined. What can I do to avoid being bumped in the future?
Not much. But usually, the first passengers holding regular, paid-up tickets who are bumped are the last to check in for the flight. Meaning: Your best protection is to check in as early as you can.

I've been hearing quite a bit about something called the "zero lot line home," as a way for a middle-income family of
(continued on page 73)



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Photograph: Skrabneski

Can This Marriage Be Saved?

continued from page 24

lift our spirits. It wasn't long before she spotted two friends—Sally's very popular—and naturally they asked us to dance. I love to dance; in fact, that's how John and I got acquainted. So, of course, I accepted the offer. It would have been impolite to refuse.

"Unfortunately, I didn't realize my spouse, the bloodhound on duty at the fire station, was busily tracking me down by telephone. Nor did I remember that I had once mentioned to him the name of this particular disco. I am always honest with John, but I don't go into details that might upset him.

"I was on the dance floor when he called the disco. Sally, who had had too much to drink and who hates John anyway, answered the page. She said I was dancing with a glamorous, fabulously wealthy industrialist—a complete fabrication, the character was an office clerk. She then said I'd return the call soon.

"John didn't wait for me to get back to him. Before I even knew about the call, he was at the scene with a police escort, a friend of his. I was petrified by the look on John's face.

"We drove home without saying a word. He pushed me into the kitchen, where I stumbled over the bucket of paint I'd neglected to put away. Paint spilled out and John shoved a mop into my hand and ordered me to clean it up. When I refused—I won't take orders like that from any man—he picked up the paint bucket and hurled it through the window. After that senseless display, he tried to drag me off to bed.

"He didn't use physical force, I don't mean that. I'm sure he'd never hit me, but he yelled and shouted and threatened. I just shook my head; I wasn't feeling the least bit sexy.

"A long time ago I made up my mind that I would not tolerate an existence like my mother's. Her marriage has always been miserable, though she won't admit it. My father gets roaring drunk and hits her. She runs away, then in a few days she goes back to him. I don't know why. I doubt that the mysterious bond holding her to my father is sexual. She isn't affectionate, and neither is he. After living with those two, I vowed that if I married I would remain my own person, a full human being. Otherwise, I'd just as soon be single.

"My old boyfriend, Leo, a talented and sensitive musician, let me be myself. He encouraged me to be free, even in the sexual aspects of our relationship. Indeed, I was usually the one who initiated our lovemaking—something John never allows me to do. My other ex-boyfriend, Rudy, who now lives in Rome, didn't try to smother me either.

"At this point, it's hard to remember why I chose John over others. I guess his thoughtfulness and consideration, his respect for me, made me feel protected. I didn't realize that his concern would turn into such possessiveness.

"Unless John learns to control his jealousy, quits making horrible scenes, I don't see how our marriage can last much longer."

THE COUNSELOR'S TURN

"Both John and Jan were wretchedly insecure," the counselor said, "though Jan put up a better front. John's explosive jealousy was an obvious give-away, while Jan's insecurity showed in her unrealistic insistence that she be thought of as a beloved wife and yet be left completely free.

"Jan was afraid of intimacy, of getting too close to others. She thought emotional ties might bind her to a brutal husband, like her father, and leave her powerless. Her mother had run away from the problems in her marriage. Jan, in turn, ran away from finding an answer to her dread of intimacy. She yearned for love, while simultaneously fearing it.

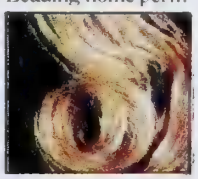
"Before meeting John, she attached herself to two young men who didn't care one way or the other about her.



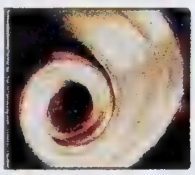
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When they talked of freedom, they really meant noninvolvement. In the course of counseling, Jan was compelled to acknowledge that truth.

"In his boyhood and early adult years, John's ego was seriously damaged by the jeers and scorn of his older brother and his father. The clinging demands of his weak, ineffectual mother further hampered his emotional growth. And, his first marriage left scars.

"At an early age, John decided to be completely different from his father, a cruel philanderer, and his brother, a mean-minded money-grubber. In a sense, he succeeded in his objective. Altruism to John's degree is rare; he is a giver in this world. Nevertheless, he subconsciously expected reward.

"He demanded from Jan too much admiration and loving reassurance, and received too little. Jan, because of her fear of getting close, tried to keep John at a distance. The result was inevitable. His jealousy, ever near the surface, exploded. Unless she proved her love for him with closeness and constant affection, he reasoned, then she must love someone else.

"Once they uncovered the sources of their conflicts, they were able to make some changes. To John's enormous relief, Jan tapered off her association with Sally. At my suggestion and without undue difficulty, John cut down on the phone calls. He limits himself to one per day, and sometimes Jan's the one who telephones. He also gave up his habit of kissing Jan at every opportunity. After a kiss-less week or so, he was delighted that she noticed the omission and initiated some kisses of her own.

"Their sexual needs were very dissimilar, with John's drive much the stronger. It was tough, but he stopped hounding her. He acknowledged that in a good marriage, one partner should not try to bully or manipulate the other, especially in matters of intimacy. Gradually, as Jan felt less pressured, she was warmer, more responsive.

"John and Jan were badly in need of recreation. With two full-time jobs, John was becoming a workaholic. He even used his time off to do household chores. Now, one night a week, they go out to dinner, a movie or drop in at a disco. They have fun together, hang the expense—they feel they've earned it." **End**



"I'd like him dry cleaned. He hates baths."

Psychiatrist's Notebook

Theodore Isaac Rubin, M.D.

Can teen-agers really be alcoholic? What's the possibility of a successful relationship between an older woman and a younger man? Why do some people "need" to be famous?

My 16-year-old daughter has come home several times smelling of alcohol. When I confront her she says that she just had some punch that had contained a small amount of liquor. Can a teen-ager become an alcoholic? What can I do?
Unfortunately, there are increasing reports of young people drinking excessively. Much of the drinking starts because of peer pressure—to avoid ridicule or rejection a youngster may take a few drinks. And, for some, it goes on to become a serious problem.

Your daughter may have a problem with alcohol, and she may not. But you will learn more about it if you talk to her rather than "confront" her. I think the greatest help for relatives of alcoholics or potential alcoholics comes from consultation with Al-Anon, an organization connected to Alcoholics Anonymous. There is a branch of Al-Anon in nearly every community in the country. And, in many cities, A.A. runs Young People's Groups for teen alcoholics.

Psychiatric consultation may be valuable, too, but this, of course, necessitates cooperation on the part of the patient. In some cases family therapy is very helpful, but again, cooperation here by all family members is a *must*. Also, it is extremely important that only a qualified family therapist is consulted.

Help along these lines may be sought through social service agencies such as Jewish Board of Family and Children's Services and Catholic Charities, as well as county medical societies, local mental health organizations, and branches of the American Psychiatric and American Psychological Societies.

Do you think a marriage can work when the woman is seven years older than the man?
Yes! Of course, everything depends on the people involved and, as with all marriages, on their ability to relate, to communicate and to struggle for mutual understanding. The level of maturity of the people in question is important. A degree of liberation from conventional dictums and stereotypes is necessary, because continued self-consciousness about age differences can be destructive.

I have a friend who is 20 years old and all she really cares about is being a celebrity. She desperately wants people to recognize her and point her out. What is her problem?
Our society is celebrity-conscious to an enormous degree. Fame is extolled beyond almost all other achievements. "Being known" is equated with all kinds of success as well as with mythical, everlasting happiness. And, for many people, celebrity confers every conceivable kind of expertise.

Some people are particularly vulnerable to these dreams of glory; they feel that their own lives are shoddy and impoverished. Many people obsessively seek outside confirmation of their existence because they so lack self-esteem and a sense of identity. Unfortunately, no amount of outside adulation adequately compensates for feelings of inner emptiness. And the fact is, there is no special heaven on earth—even for celebrities.

My husband isn't a bad guy. As a matter of fact he is really a very good guy! He's devoted to me and the children. He is a responsible person, and usually warm and loving. *But*, when we go out with other people he becomes unbelievably arrogant. He's suddenly a know-it-all and really alienates friends. What can this be about?
Arrogance—in which we ascribe or arrogate to ourselves power, position, expertise, etc., that we don't really have—is almost always a device used to cover up fear. Some people become arrogant only when they feel threatened or vulnerable. Others virtually spend their lives in a state of secret terror and have made arrogance the predominant characteristic of their personalities. Arrogance in these people is sometimes confused with strength.

The chronically arrogant person sometimes does not know he is arrogant. He is seldom aware of underlying fear until a direct confrontation occurs and often, as a result, serious emotional collapse takes place.

Chances are that your husband becomes fearful and feels vulnerable in social situations. He covers up these feelings with bluster. He may feel competitively inadequate with his social peers. He may feel jealous of attention given to you. Part of his behavior may be an unconscious desire to impress you with his worth compared to other men who may be present. In any case, arrogance tends to diminish as people become more comfortable with themselves and others and so less fearful. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in this column can be answered.



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Getting Along with Men in Your Working Life

Women have traditionally worked *for* men, but what's it like now that they're working *together*? A look at the new office manners—including tips on taking him to lunch. From *The Amy Vanderbilt Book of Etiquette*, revised by Letitia Baldrige.

Women's raised consciousness

If you, as head of your company, have decided that everyone on the staff calls everyone else by their first names, that is your decision, and you should communicate it to all newcomers on the staff. If you insist that last names be used, communicate that, too, and hold firmly to it. If you are a man and you call your secretary Alice, meanwhile insisting that she call you Mr. Jones, be prepared for her to balk. The raising of women's consciousness has caused a sensitivity on this matter. (If you wish to be called Mr. Jones, she's entitled to ask to be called Ms. Williams.) If she is sensitive to the women's movement, she might consider your calling her Alice a put down.

The owner of a business should be aware of all the nuances of the new roles of women in business, from the pique of the secretary at *always* having to make the coffee to the impatience of the women executives to be asked to serve on corporate boards of directors. A male employer should never address a female employee as "honey." Older businessmen should drop their habit, if they have it, of referring to women as "the girls" or "the gals." Female office workers in both junior and senior positions want to be referred to as "women," and they certainly would never call their male associates "the boys."

The use of "Ms."

Some women do not wish to be addressed as "Ms." and should inform friends and associates of that fact. A working woman will find, however, that it is easier to follow her firm's stated policy on addressing other women as "Ms." in correspondence. I personally favor using Ms. before a woman's first and last names (Ms. Anne Hutchins) for a very logical reason: the usage is a great timesaver. One does not have to research whether the woman one is addressing is married or not. The use of Ms. in addressing women in professional and business situations (except for women who have earned titles such as Dr.) has made life easier.

In conversation, however, it is difficult to say "Ms." when making introductions; one sounds like a buzzing bee. When talking, therefore, I prefer to use "Miss" unless I happen to know the woman is Mrs. and goes by that title.

One must never use Ms., of course, before a woman's married name, e.g., Ms. Herbert Smith. One has to say Ms. Jane Smith, and if you know her only as Mrs. Herbert Smith, then she must be written to in that manner.

When a woman picks up the tab

One of the things women who are reaching for the executive suite are going to have to accept is the financial responsibilities of their new status. They must learn how to do things gracefully that once they may have regarded as a man's duty—such as paying the bill for meals, taxis or rented limousines. When a woman lunches or dines with a man on business, they are not on a date. If he begins to act as though they were, she should quickly and thoroughly discourage such behavior. It is perfectly proper for a man to pick up the check for the first business lunch they have together, but she should pick up the second time, and they should continue alternating, as men properly do.

In order to save embarrassment all around, who will pay for the next business lunch should be decided, without question, in advance. If it's a woman's turn, she should make it very clear over the telephone or face to face when the appointment is made that she will be paying. She has only to say with a smile that it really *is* her turn. She should name the time and the place, call the restaurant and make the reservation in her name.

At the end of lunch she should unobtrusively ask for the bill, add the waiter's tip to the total without an agonizing exercise in mathematics, and then use her credit card or sign her name and her company's address on the back of the check (if she has a charge account in that restaurant).

If the man she has invited to lunch is really uncomfortable about her paying (and a woman should sense this immediately when she is making arrangements with him beforehand), then it is better to settle the bill with the head waiter away from the table. She should excuse herself at dessert time and make the bill arrangements then.

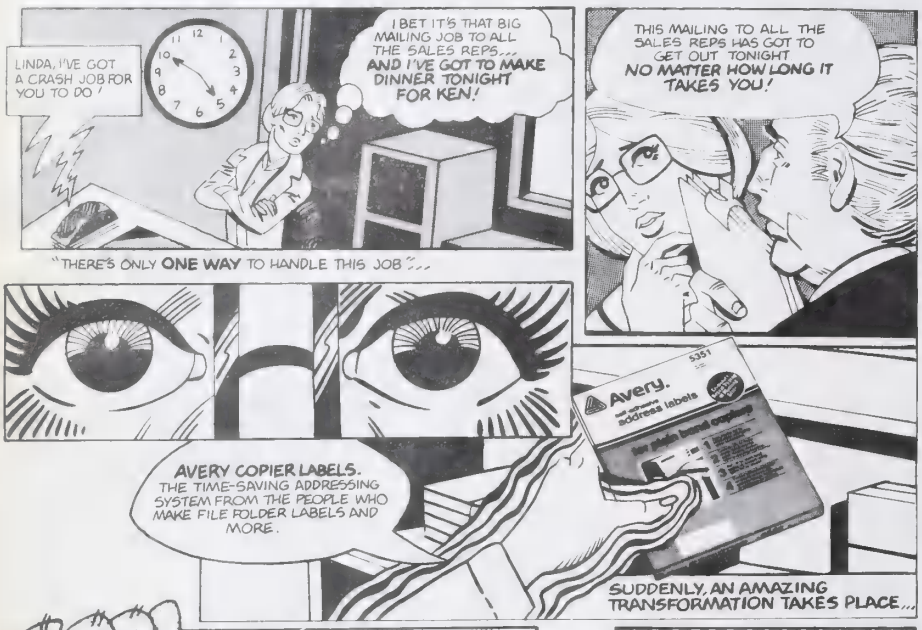
If a head waiter has performed a lot of service at the table, a woman who is paying the bill at an expensive restaurant should tip him just as a man would (from one to three dollars, according to the restaurant and the service). She can include his tip along with the waiter's by writing it on the bill, if she wishes. The woman who is hosting the meal also should tip the hatcheck person for the coats of her guests.*(continued)*

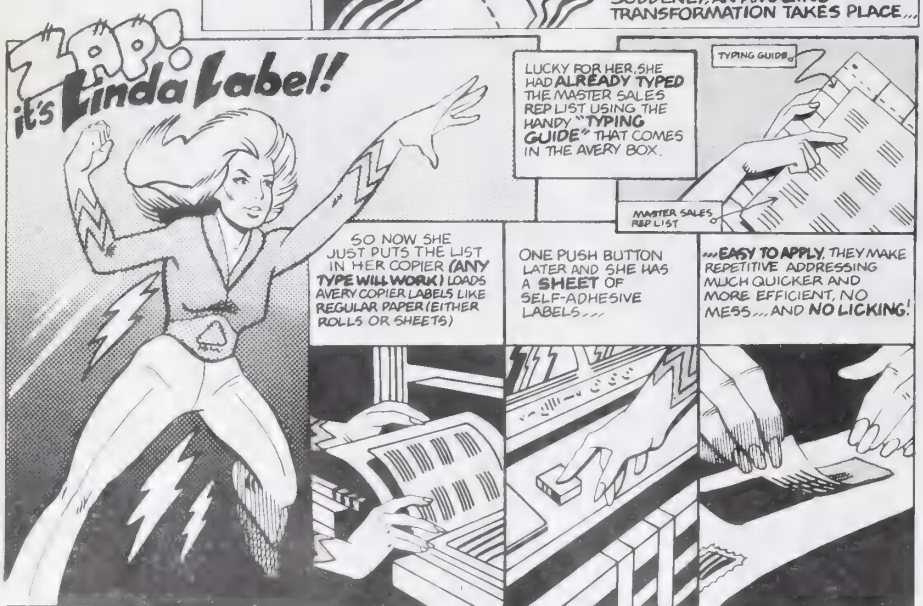
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The Working Woman

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respected, if not for the individua
reputations, then in consideration of t
company they represent. Business c
leagues of the opposite sex should n
share a suite. They should have separa
rooms and, when working in one of t
bedrooms, both should be dressed. If
secretary who is accompanying her bo
on a trip finds he is still in his pajam
when she arrives in his room to beg
work, there is a quick solution to h
dilemma. She should excuse herself a
state she will return as soon as he
dressed.

An employer should assume all of h
secretary's expenses on the road, eve
though the secretary may actually
handling the finances when they a
traveling together. A woman executi
should pay her own expenses on a tr
and put in for reimbursement from h
office afterward; she can also travel
advance money. If a woman and h
male colleague are dining in their mote
she should ask the waiter to put h
drink and dinner on her bill. If the
order a bottle of wine to share, the co
of the bottle should not be split b
should be put on either bill. A woma
executive, even though traveling wi
a man, should handle her own ti
ping, baggage handling and airport lim
ousine fee. Taxi fares should be paid f
by either person, but should be spl
between the man and woman on th
filing of the expense reports, and th
woman should reimburse the man if h
paid for all the taxis.

A woman traveling on business alone
Traveling alone is just as lonely for
woman as it is for a man. If you are "o
the road," your briefcase can be you
security blanket. If you go into the ba
of your hotel or motel for a cocktail,
if you go into the restaurant for dinne
take along your briefcase or some fil
folders as a conspicuous sign of you
business profession.

If you are traveling and someone pre
sentable begins to speak to you in a nic
way and asks if he may join you (an
you would like to talk to someone), say
"Yes, please join me." Make it clear yo
will put your drink on your own bill
however. If he insists on paying for tha
cocktail and you decide to have on
more with him, say firmly, but again
with a smile, "I would like another one
but this time both drinks go on *my* bill."
He will understand you are not letting
him pick you up.

(continued on page 150)

New! "Tapestry Look" in Needlepoint Kits









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Unethical cults have infiltrated campuses, recruiting increasing numbers of unsuspecting students. Why can some young people ignore these cults' appeal and others be too vulnerable to resist?
By Christopher Fuller

The scenario sounds wholesome and natural: Joan D., an attractive freshman, is reading a book between classes when Stephen M., who looks old enough to be a senior, strikes up a conversation. They chat about the author's other works, a recent concert at the college. Before Joan returns to class, Stephen has invited her to a supper party that evening. "It will be fun, you'll meet a lot of interesting people," he says. Living away from home for the first time and tired of lonely evenings in the dorm, a flattered Joan accepts.

At the party, she finds fellow guests eager to be friendly—for the first time since arriving at college, Joan has a sense of belonging. A lecture follows supper—a rambling discourse that makes little sense to Joan, but certain philosophical assertions seem valid.

Sufficiently curious, she agrees to join the group on a weekend trip to their country retreat. Isolated from outside contact, and never left alone, Joan is subjected to a subtle, yet sustained onslaught of propaganda. By the time her parents learn the true nature of her newly acquired friends, it is too late. Their daughter has docilely become the latest recruit of a cult.

Cults, according to experts on these quasi-religious movements, have infiltrated almost every campus in the country. If your child is in college or high school, the chances are good that sometime this year, he or she will be approached by a cult recruiter.

Many such groups have set up offices on or close to campuses, where they aggressively recruit new members. One of the larger organizations has achieved a minor coup—they are headquartered in a former sorority house. The recruitment techniques by these modern proselytizers are sophisticated, making it difficult to tell whether they are members of a responsible religious movement or from an unethical and potentially dangerous sect.

Although the bizarre tragedy of the mass murder/suicides by members of the People's Temple in Guyana shocked and appalled the nation, many authorities believe that increasing numbers of young people are being attracted to such movements. And nowhere is this happening with more alarming frequency than on the nation's campuses.

"The university campus is perfect for recruiting, because there are so many people there who are questioning things," says Dr. David Wellisch, assistant professor of psychiatry at UCLA's School of Medicine, and a recent participant in a study of cults and their members. "The college student undergoes tremendous change, and experiences great doubt and insecurity. Many are children of successful parents who feel they cannot follow their parents' tough act. So they turn to a group in which the expectations are defined and tailored to their abilities."

What can be done to thwart the influence of unethical cults over vulnerable young people? The issue offers no easy answers. While some groups employ very questionable tactics to lure members and engage in dubious activities, others are genuine religious or philosophical movements.

Who decides what a cult is, and whether it should be regulated? Christianity, after all, began as a cult. A recent New York *Daily News* editorial expresses the dilemma facing legislators: "As much as we were shocked, horrified and deeply saddened by the tragic madness which claimed 912 lives in Guyana last November, we don't think the federal government has any business passing laws that apply to cults. Any attempt to regulate groups of Americans drawn together by similar beliefs runs head-on into the First Amendment.

"Freedom of religion—no matter how bizarre a group's theology may seem—is far too important to the foundation of our country to be bent or suspended when applied to modern cults."

The argument for freedom of religion is one few people want to counter. But there are approximately 2,500 different cults in the United States today which claim as many as three million members. If campus life is now a veritable spiritual supermarket, many authorities believe a "buyers beware" warning should be given to young people. This, they feel, would guard against students being duped into joining an organization whose true identity is disguised.

"Almost all the groups who are recruiting on campus don't identify themselves," says researcher Flo Conway, co-author of *Snapping: America's Epidemic of Sudden Personality Changes*. The Rev. Sun Myung Moon's Unification Church, for example, often enlists new "Moonies" through CARP, its Collegiate Association for the Research of Principles organization.

"They have centers on or near just about every campus in every state of the union," claims Conway, who spent four years investigating cults for her book. "They present themselves as a campus social club. People are drawn into the Moonie movement and will be there three or four weeks before they even realize that CARP is part of the Moon organization. By that time, they have become so trapped by mind control techniques that they no longer have the free will to break out." *(continued)*



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CULTS ON CAMPUS
continued

Dr. Margaret Thaler Singer, professor of psychiatry at the University of California at San Francisco, and professor of psychology at the University of California at Berkeley, is recognized as being one of the foremost experts on cults in this country. She first discovered the existence of unethical cults in the late 60s while researching family life. She was surprised to learn that many of the cults were using "thought reform" or brainwashing methods to lure and indoctrinate new members.

"One of the largest and most established cults in the United States today uses almost line-by-line 'thought reform' techniques that were used by North Koreans on United Nations prisoners during the Korean War," she says. "While cults don't generally hold a gun to your head and threaten to execute you, that is not necessary, because social and psychological persuasion techniques are far more effective."

And no one, according to Dr. Singer, is more vulnerable to mind control than young people away from home for the first time, or young people attempting to cope with conflicting, troubled feelings about themselves, their parents and their world.

Social structure breakdown

"The roots of the current movement are not hard to trace," says Dr. Singer. "During the Sixties, here in the United States, we had many breakdowns in social structure. There were the civil rights disturbances. There was the drug culture in which many young adults felt alienated from society and their own families. There was an increase in divorce, coupled with the widespread mystique that turning inward would bring new nirvanas to modern man. Many of the young people cast adrift were seeking new ways to live harmoniously with other people. Increasingly, they turned to the cults, which claim to offer security and answers."

But Dr. Singer stresses the one critical difference between today's cult recruiting and those of the past. Formerly, cults sought out the socially marginal. Now they attract primarily white, middle-class college students—or recent graduates—who are looking for abstract philosophical principles to add to an already economically comfortable life. Living in what they feel is a spiritually, morally and emotionally arid world, they have a desire to be altruistic, caring. They want to do good for mankind.

"The ironic fact," says Dr. Singer, who was a witness in the Patty Hearst trial, testifying whether Patty was brainwashed, "is that before the upheaval of the Sixties, most of those same people would have found what they are now looking for in the traditional life of the family and in public service." Now their idealism can lead them straight to a cult.

In the course of interviewing more than 300 young adults who have been cult members, and many of their parents, Dr. Singer saw a definite trait emerge that accentuates the vulnerability of these young people to cults—they are victims of the tremendous decline in the amount of physical contact given to children by their parents.

"As children grow up in the U.S., parents stop hugging or petting them, and when they reach 14 or 15, they rarely get any physical displays of love and affection, particularly from their fathers. There comes a time when parents back off, sometimes feeling that physical affection may convey sexual notions. Teen-agers really miss these expressions of love that, when they were little kids, would assure them that their parents really cared."

Love staged

Cults, Dr. Singer maintains, stage the giving of unconditional love. Members hug and pet each other, exchange kisses, and—in some cases—massage each other for hours. Most cults prohibit sexual behavior, substituting brotherly and sisterly contact. They succeed, in this fashion, in breaking the bonds, no matter how strong, between members and their families and past life. The cult becomes the new family and, as in the case of People's Temple leader, Jim Jones, the head of the group may be referred to as "Dad" or "Father."

Once the cult grips the emotions of its members, however, affection is abruptly cut off. Dr. Singer describes cult members as being told, ceaselessly, to keep their minds focused and centered, to block out reflection, argument or question. Some of those soliciting funds in public, she says, actually chant to themselves, "Bring in the money, bring in the people. Bring in the money, bring in the people." They are kept so busy, and are harangued so regularly, that they have no time for introspection.

And it happens with a swiftness and a subtlety that leave the typical naive and credulous recruit totally unarmed.

Robert Perez was 21 and working toward a geology degree at Los Angeles City College when he was unwittingly drafted into the Unification Church. The sequence, he recalls, followed the usual Moonie process—a pretty girl, a dinner with new friends, a rural retreat and, almost like clockwork, a completed conversion. He was then informed that he had been chosen to establish a branch of Moon's association, CARP, at his college. The cult firmly instructed him never to mention Rev. Moon or CARP's connection with the Unification Church.

"I had no trouble at all getting up the

(continued on page 46)



How electricity affected five generations of Americans #1

In 1885, the Franklin family was just beginning. So was their need for electricity.

The Franklin family, Ann and John, were married in 1879, the year Edison invented the incandescent electric light bulb. They set up housekeeping in a gas-lit brownstone row house.

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Demand for electricity keeps growing.

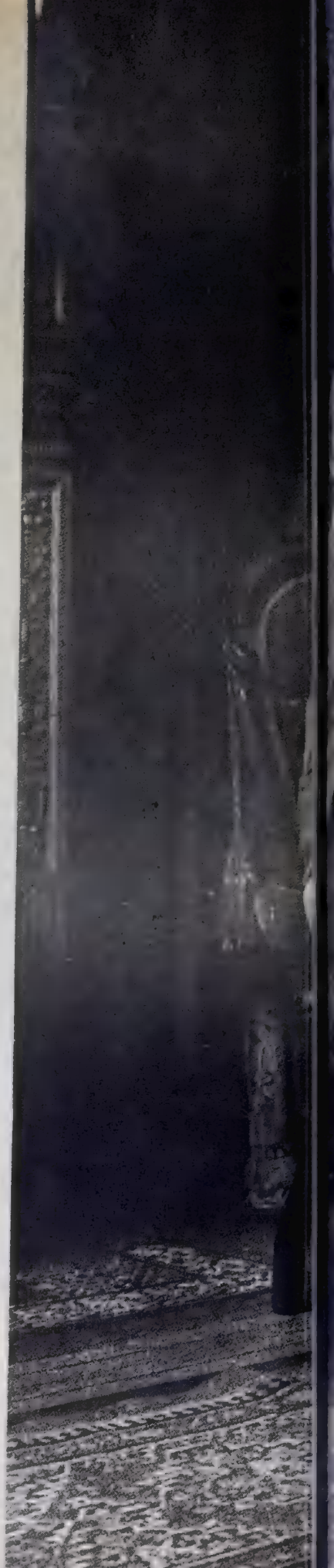
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CULTS ON CAMPUS

continued from page 43

club." Perez remembers. "I described it as a Judeo-Christian discussion group and found a sympathetic English teacher to sponsor it. The whole point of the meetings was to get people to visit the Moonie camp. My efforts were very successful."

The club met on campus weekly and attracted as many as 60 students at a time. The speakers, unknown to college authorities, were high-ranking Moonies. CARP, thus, was the Moonies' free ticket onto campus, where Perez had no problem securing administration permission to move the meetings to the free-speech area of the campus.

"If anybody asked them what they were doing on campus," says Perez of the 25 Moonies who would descend on the college with easels and charts depicting their cult's doctrine, "they just said they were part of CARP, and everything was okay. Church members would walk around with notepads and pencils, trying to look like students."

The club was still flourishing when Perez was sent to New York. He didn't want to leave school, he says, so the church promised to provide for his studies. Before Perez left Los Angeles, he handed over his $700 savings to the church. When he arrived in New York he was told he would be "holier" if he were a fund-raiser.

"I had to work until I dropped, selling flowers and candy in the street," he says. "If you didn't make at least $100 a day, you weren't allowed to sleep."

Perez finally broke with the cult when he learned his father was seriously ill. He returned to Los Angeles two months before his father died. Perez then resumed his studies at Los Angeles City College and succeeded in getting the Moonies, by this time operating out of a van and a trailer, thrown off campus.

Perez' advice to anyone solicited by a CARP member: "Don't go to their meetings, report them to the college authorities. They don't belong on campus."

High schools too

They may not belong on campus, but they're there in force. Cult recruiters have even infiltrated high schools. And, unfortunately for Perez and millions of other young people, legal protection is a paradoxical tangle that extends to the cults as well as those they recruit. College authorities frequently are unwilling to interfere with cult activities on campus because of our educational system's traditional tolerance for freedom of speech. Many administrators were taught by the turbulent experience of the Sixties to accept and tolerate student activity and avoid value judgments on young people's ideas. And because of this, they allow these groups to flourish believing that all groups are equally well-intentioned. In any event, there is no legal barrier to a particular organization directing its operations from its own property.

Late last year, a congressional subcommittee issued a 447-page report based on a lengthy investigation into the Moon organization, charging it with trying to create an illegal worldwide government. It recommended that a federal inter-agency task force be established to further investigate the Unification Church for violation of currency, immigration, arms export control and other laws.

Probe all major cults

On the basis of her own alarming findings, Flo Conway suggests that the probe be instigated immediately and broadened to include all other major cults. "In our research, we came across numerous reports of cults that were arming themselves," Conway reveals. "Two of the larger organizations we found have been given instructions by their leaders that in case of what they consider to be blasphemy by outsiders they should try to kill those people. And if they are unable to do so, they should kill themselves."

(continued on page 184)



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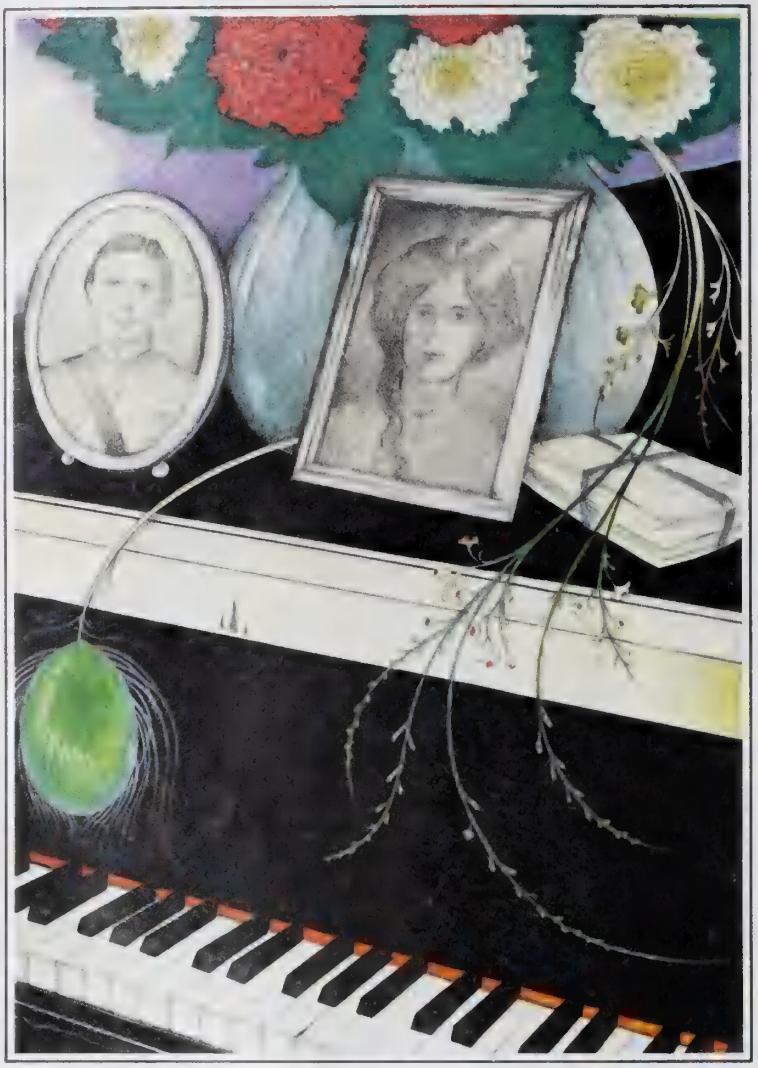
And people who never have. For them, Handle With Care does more because it even has its own fabric softener. They say now a fine fabric wash makes sense!

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When The Time Is Right

"Wait! Wait," shouts the cautious heart. But sometimes love cannot be postponed. A romantic story for every age, by Lynda Gilmartin.



It's only the middle of April and the lawn is still covered with a fine film of dewy moisture from the last shower, so that it looks as though a treasure of tiny jewels had been sprinkled on the grass. A tepid breeze whispers through the slit of open window in the kitchen, and the sun appears on whim throughout the day. It is, in other words, that lazy and becalming period of suspension between seasons.

So, naturally, when Christopher came to me this morning and asked if we could have a picnic lunch in the yard instead of the usual snatched sandwich at the breakfast counter, I immediately said, "Not today. We'll do it later, when the time is right," my mind leaping forward automatically to some more auspicious moment in the future. I might have been an actor in a play, speaking my lines on cue, so easily did the words spring from my lips. And they brought the ageless response from four-year-old Christopher; his idea quelched, his hopes smothered, the bright sparkle of his eyes turned instantly to leaden dullness, as though a door had been slammed shut in his face.

How well I remember.

When the time is right. It was a phrase my mother used, and her mother before her, and no doubt her mother before her, through a long line of people who, for some reason lost in the past, had learned to live in a perpetual state of postponement, waiting for "right times." The right time to fall in love, or to marry, or to have a child. The right time to take a detour through the park on the way home, or to have a talk, or to see a bird's nest in a tree. So that all that remained of daily life was an endless preparation for third anticipation of things to come, when the time would be right. From generation to generation, the phrase and the philosophy have been handed down like family heirlooms, and I, apparently, am the current keeper.

As I watched Christopher's small, sad figure in departure, I was cast back in memory to that first occasion when those words first made their mark on my mind.

How many times did I hear my grandmother tell the story of her first true love? She was very old by then, of course, and eager to make her life an open book before it closed. My grandfather—that stern autocrat of our family whom I remember only as a blurred image of clenched jaw and steely gaze—was dead, and Gran'ma had left her small New England village to come and live with us in Boston. From the moment she first stepped across the threshold with her ancient, musty bags and parcels, she seemed to fade more and more each day until she was almost transparent, a phantom who flitted through the house leaving a scent of lavender on everything she touched. I never knew when I would round a corner and find her whispering and beckoning to me to follow her into her room. "Come, child. Come in and let me tell you a story," she'd hiss, as though we were conspirators.

It frightened me at first to follow this otherworldly wisp of woman into the dim sanctuary of her room; it was permeated with the scent of lavender sachet and old age. But then she would coax me onto the quilted mountain of her bed and begin to tell the story in a hoarse but vibrant whisper, her fingers fluttering like ten butterflies as she spoke. And before I could find my voice to plead for release, I would be lost in the forest of her words.

The story was always the same, of her romance with Bobby McPhail. "My bonnie Bob," she called him, her childhood sweetheart. Bobby was a blue-eyed blond with an ample quota of freckles and enough mischief for three leprechauns. He'd come to call for her on Sunday afternoons for a walk along the pier, and he always brought a present. Once it was a five-pound box of penny lollipops, which took her a year to lick into oblivion, she said. Another time it was a shimmering feather from a peacock, and she didn't dare to ask him how he got it. "He'll never miss it, the way *(continued on page 58)*

PULL PUPPET'S STRING (A). PUPPET FRIGHTENS CAT (B). FRIGHTENED CAT ARCHES BACK AND UPSETS PLANK (C). CANNONBALL (D) ROLLS OFF PLANK AND LANDS ON SPRING (E), WHICH HURLS IT INTO CUP (F) ATTACHED TO HEDGE CLIPPERS (G). HEDGE CLIPPERS CUT ROPE (H), RELEASING SANDBAG (I). SANDBAG STRIKES BALANCE (J), WHICH PROPELS BROOM (K) SKYWARD, WHERE IT MEETS BUCKET OF WATER (L). WATER POURS ONTO WOMAN (M) AND EXTINGUISHES CIGARETTE (N).



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When A Husband is Unfaithful...

HEALING A HURT MARRIAGE

Discovering a husband's infidelity may seem like the end of the world. But sometimes it can mean the beginning of a stronger marriage. By Shirley Streshinsky

The therapist had heard the story more times than she cared to consider, but the woman didn't know that. The woman, her face strained by the effort to hold back tears, choked it out as if she were the first wife whose husband had ever strayed, as if his was the original sin. *Infidelity—such a soft word for so cataclysmic an action.*

It couldn't happen to us, the woman told the therapist. But it did—and it happens in marriages all the time. It is a very old story; one that continues to affect more women than men, as a recent California study of 60 divorced couples showed. Of the 60 men in the study, 71 percent had had extramarital affairs, while only 15 percent of the women had been unfaithful. In spite of the brave new talk about sexual enlightenment and honest relationships, infidelity causes as much anguish and creates as much emotional chaos today as it ever did.

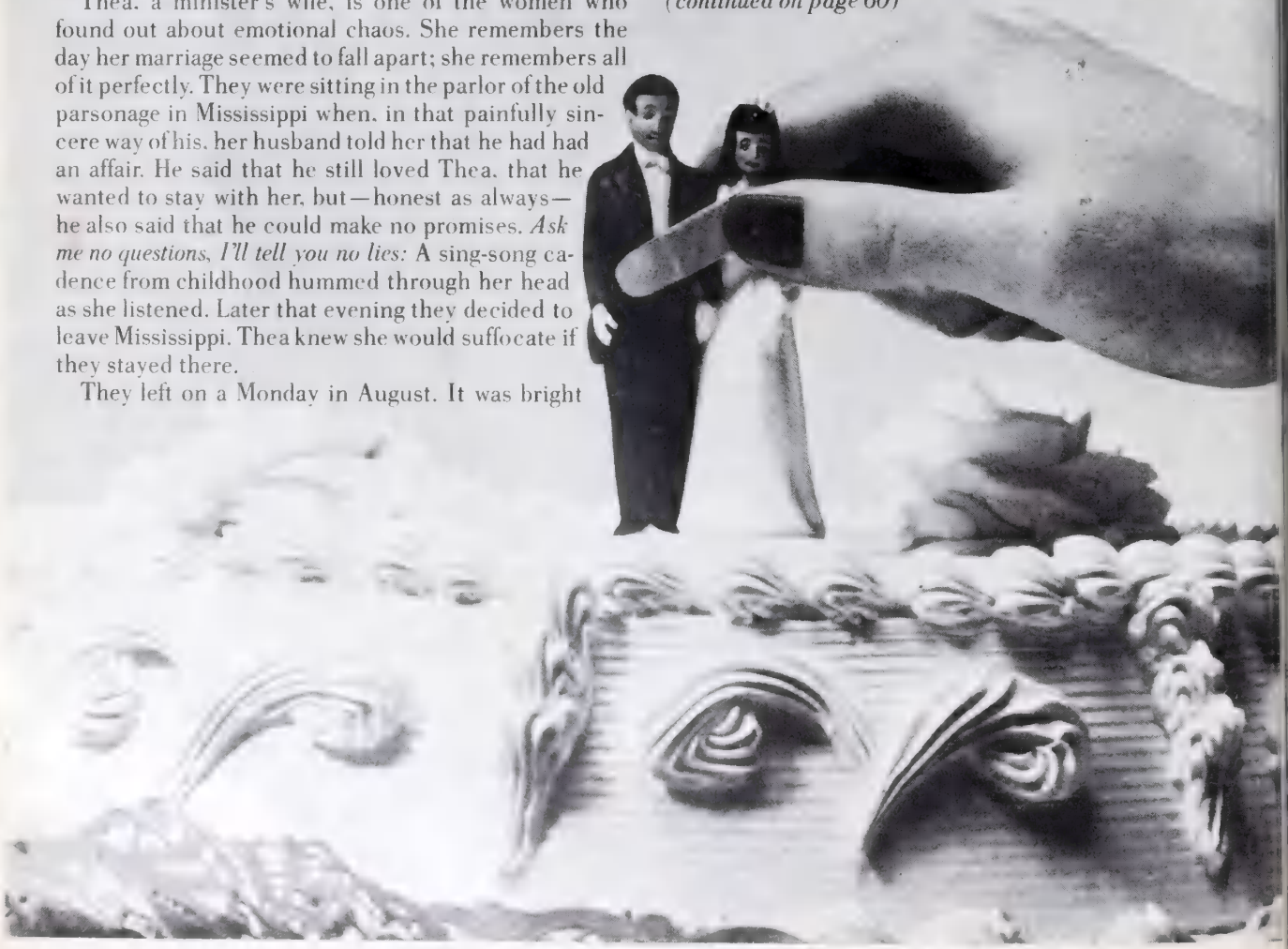
Thea, a minister's wife, is one of the women who found out about emotional chaos. She remembers the day her marriage seemed to fall apart; she remembers all of it perfectly. They were sitting in the parlor of the old parsonage in Mississippi when, in that painfully sincere way of his, her husband told her that he had had an affair. He said that he still loved Thea, that he wanted to stay with her, but—honest as always—he also said that he could make no promises. *Ask me no questions, I'll tell you no lies:* A sing-song cadence from childhood hummed through her head as she listened. Later that evening they decided to leave Mississippi. Thea knew she would suffocate if they stayed there.

They left on a Monday in August. It was bright and hot and sticky. He was driving the sedan, she was driving the station wagon—and she was never so glad to leave a place in her life. If their marriage was going to work, it would have to work in California.

For five days she followed him—across Arkansas and Texas—keeping the sedan in sight. Now and then it would occur to her that she could turn off, could simply choose an intersecting highway and drive out of his life. She didn't, of course. She didn't because he was a good man and she loved him. And because she couldn't think of what to do with their two children, and because she couldn't think.

In those five days heading west, she would say later, she grew up 20 years. By the time they arrived in Los Angeles she had made some decisions. She would no longer be just a minister's wife, she told him; she intended to find work for herself, something satisfy-

(continued on page 60)



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Water
a primer for good plant care

THERE'S NOTHING SO BASIC TO HEALTHY PLANTS AS PROPER WATERING. BUT IT'S AMAZING HOW CONFUSED MOST HOME GARDENERS ARE ABOUT IT ALL. HEREWITH, THE ANSWERS, FROM VIRGINIE F. AND GEORGE A. ELBERT.

To water or not to water, that is the question. Soak the plant, let the pot dry out; water from the top or bottom; water daily or weekly...? Our answer to all these questions is that though there is no one way to water all plants all the time, it's a cinch to water most houseplants most of the time. Here are practical suggestions that will put your doubts to rest, making watering fun for you—and your indoor garden.

HOW MUCH TIME DO YOU SPEND?

Do you fuss about the time spent? We have hundreds of plants ourselves. Yet, as only some of them are thirsty each day, we never spend more than a half hour, using a long-spout watering can. The plant visit is the most pleasant part of the day, and the checkups are like keeping up-to-date on how our family and friends are doing. Twenty plants take no more than five minutes and 40, just ten, if you don't dawdle. No need to stretch out the process since doing it right takes no more time than doing it wrong.

THIRSTY OR SICK?

First thing you should learn to recognize as you make your rounds is the difference between a thirsty plant and a sick one. If leaves are slack, if stems are weak and branches curve downward, we press the base of the stem with our fingers at soil level or just below where it joins the root. A firm stem, even if a bit shrunken, tells us that the plant is dying for a drink. When the stem or the top of the root is mushy we know that it is rotting from too much water. This may happen even though the soil is quite dry, because the damage was done by earlier waterings.

A good drink will usually cure a thirsty plant. Within an hour or so after watering, the plant will look normal and be none the worse for wear. Rot, on the other hand, is incurable. There are ever so many different kinds of bacteria and fungi that cause the damage, but the effect is always the same. Once the root or stem goes soft there is nothing to do except cut off sections of the healthy upper parts and use them to propagate new plants in any of several ways.

EVEN MOISTURE

Even moisture is what plants need most of the time. The right way to achieve this is to water thoroughly so that the soil becomes soaked. Soaking temporarily clogs the spaces between the particles of soil, but after an hour or so, provided temperature is normal and the plant is growing, the excess water will be partly evaporated and partly absorbed by the roots. Air then enters the spaces between the soil particles and creates the condition we call even moisture. It will last a day for a small pot or as much as a month for a large tub. The plants just love this condition most of the time and will prosper.

It stands to reason that, in order to give the soil a chance to become evenly moist, you must not become over-anxious and keep watering. For average-size pots it is wise to wait until the surface of the soil is dry before watering again. When large pots are used, the fact that the soil is dry on top is no guarantee that the bottom is not soaking wet. Large pots should not be watered until the soil is dry three quarters of the *(continued)*



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YOU KNOW IT'S GOOD IF IT'S ARMOUR ★

Water

continued

and are happiest in a temperature ran between 60° and 85°F. When the th mometer drops much below 60° or ris above 85° plants stop growing and longer absorb water in the soil. Wh this happens, make sure that the soil dry most of the way to the bottom of t pot before watering. A moisture met is the best way of checking. Extren temperatures usually last for only a sh time, so when the plants resume gro ing, return to normal watering.

Dormancy

Tropical plants also stop growing perfectly normally—during their d season. The condition is called dorman and varies from a short period of inacti ity to as long as three months. When th will happen indoors we can't always te Thick, succulent leaves stay on th plants but thin leaves are usually she

When in dormancy plants should n be watered at all. If we are uncertain the degree of dormancy or when it w end, we mist the plants every day in th morning. This does no harm and pr vents a plant with a very short rest pe od from drying out too long. But be p tient with dormant plants. They are n dead (a lot of people make the mistal of throwing them out at this time), an whenever they are ready they will sta to grow. As soon as that happens beg watering cautiously and increase the ra gradually until growth is in full swin

One situation to watch for is this: air-conditioned homes, excessive ter peratures may never occur, and u changing temperatures have a way shortening or even eliminating norm dormancy in some plants.

Reactions of specific plants

The vast majority of foliage plan prefer the even moisture we have d scribed and need not be dried out e tirely at any time. Many, however, ca be deprived of water for short or qui long stretches of time if they have to—o you want them to. Just how long d pends almost as much on the sizes of th plants and pots as the character of th plants. Popular foliage houseplants tha require special watering are not man but there are several worth noting.

Most herbs immediately suffer fro complete drying out of the soil. Rose mary, parsley, basil, mints, etc., go t pieces if not kept moist.

Alocasias, Anthuriums, Calatheas an Marantas not only object to being soake but require even better aerated, loose soil than other plants. We find tha coarse sphagnum moss, packed lightl in the pot, makes it possible to gro

nts indoors that, in the past, were nsidered safe only in a greenhouse. ith these exceptional plants we allow e moss to soak up moisture from the ttom. In late summer they often go o semi-dormancy for a couple of nths. Moisture must be reduced to a nimum but never stopped entirely.

If you over-water a Dieffenbachia, ops form at the edges of the leaves and ve you warning. It is one of the slow-inking plants and needs less frequent atering than most. Peperomias are very w growing, and though they look like ater-loving plants, they aren't. Keep em quite dry and water in small nounts instead of soaking them.

Of the flowering plants, annuals are e biggest drinkers. Unless the pots are ry large, thorough daily watering is cessary, and the soil should never dry t. Perennial bloomers consume quan-ies of water and must be kept moist at l times. This follows the rule that the ore rapidly a plant grows the more it inks. The budding and blooming peri-l is when it is in greatest need of water. n example of a heavy drinker is Lan-na, which despite its dry-looking aves, never seems to have enough wa-r. That surprising succulent, Crown of horns, is almost equally demanding of nstant moisture.

Watering exceptions

Flowering plants that must be watered ry sparingly are rhizomatous Begonias, any of which are grown mainly for liage. (Fibrous Begonias can be eated like other foliage and flowering lants.) The Iron Cross Begonia is typi-l. It has a thick stem or rhizome that awls on the surface of the soil. This nd other plants of the type are notori-us for becoming diseased if over-atered. A little at a time suits them. he roots do not reach deep, and what psets these plants is to have water from ne bottom of the pot constantly rising the root level. Drying out between aterings is so important that some ex-erts allow leaves and stalks to become ack before giving relief.

Another group of plants that dislikes aking are the gesneriads, which in-ude African Violets. They like a very ght peat, vermiculite and perlite mix nd should not be watered until the soil quite dry. Both rhizomatous Begonias nd gesneriads, though so particular bout watering, benefit from very high umidity and regular misting.

Our list of exceptions is not large. If ou give even moisture to all the others nd watch for resting periods and exces-ve temperatures, high or low, you will ave few problems with your plants.

Plants are for pleasure and you will be ble to spend a great deal more time njoying them rather than fussing over em if you use common sense and fol-w the rules. **End**

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GENERAL ELECTRIC

When The Time Is Right

continued from page 48

he's decked out," Bobby had said, by way of forestalling the question. And most of all, she loved to tell me about the day when Bobby appeared on her doorstep with an enormous, shiny box, proclaiming that he had brought her a gift that no one else in the world could give her. She opened the box to find it stuffed with butcher paper and old newsprint and was in the midst of giving him a harsh lecture on his antics immaturity when she discovered, lying there on the bottom of the box, a slender lock of Bobby's fair hair, tied round with a blue ribbon.

Ah, the excessive subtlety of young love!

My great grandfather didn't approve of Bobby McPhail, of course, which only made the story better. It's easy to imagine this stalwart Victorian eminence standing with thrust finger, his coattails flying in the breeze stirred by his righteous fury, as he orders the elfin Bobby from the premises. And all to the tune of Gran'ma's heartsick wailing. But Bobby wasn't one to take an edict seriously, especially if it came between himself and what he wanted. And one night, shortly after he had been banished and banned for the umpteenth time, Gran'ma was sitting alone in the parlor, playing Chopin's *Minute Waltz,* when she thoug she heard a strange, scratchy noise. T wind rattling the windows, perhaps, o mouse in the attic. But then she fel thrilling presence in the room, bo frightening and fascinating, drawi nearer and nearer (these are Gran'm own words).

She didn't dare to turn around b kept on playing, and just as she reach the frenzied conclusion of the pie there was a stunning movement behi her and her thick, brown hair cascad down her back.

Bobby had stolen in on his light fe and pulled the clasp from her hair. E fore she could cry out, he gave t swivel stool a push and she was twirl around to find herself caught in his e brace. He kissed her once—passionatel she said—before darting into the da ness once more and was not heard fro again for many weeks.

Even Bobby McPhail, one imagine knew when he had overreached himse

Whenever she told me this sto which was often, I would feel an ine plicable shiver run through me as s came to the part where her hair f down; indeed, I *still* shiver to recall it.

Bobby, frankly, always sounded lil quite a catch to me, in spite of gre grandfather's more practical assessmer I had, in fact, drawn a pretty thorou picture of him in my mind from Gra ma's oft repeated stories. I never ima ined him as being very handsome—pe ple of such great, good spirit usual aren't—but when I closed my eyes, I f I could actually see his broad, infectio smile and that twinkle of budding mi chief in his eyes. In spite of myself a with a twinge of guilt, I'd wonder ho she could have settled for dour Grandp after the giddy delights of "Bonnie Bob

But the answer to that was at the en of her story. "It was always understoo of course, that Bobby and I would mar someday, when the time was right she'd add as epilogue. They had neat plotted out their lives, it seems, on thos ambling walks along the pier on Sunda afternoons. Bobby would be a carpent and she a seamstress, and someday h would build their own white house f them at the end of Linden Street. And i a few years, the rafters would be tren bling from the sounds of little Bobbie and Annettes, all freckle-faced and fa and full of mischief. (One does shudde slightly to think of it.) And life fro then on, even with its inevitable sprin kling of trial and sorrow, would be lik a gift in a shiny box.

Only that "right time" never came For Bobby skipped off to war one day i 1917 (I can't really think of him *marchi ing*) and he never returned, leavin Gran'ma with a peacock feather and lock of hair and a dream of a whit

house to hold on to. And all the rest was relegated to that cruel realm of might-have-been.

At this point in the story, she would look into the distance and speak softly, as though asking a question of the air, "I forget now what it was we were waiting for."

The story always thrilled and horrified me. A hundred times I wanted to cry out, "Why? Why didn't you marry Bobby and have babies and live happily ever after at the end of Linden Street?" But one didn't question the mysterious motives of grown-ups, who seemed to do everything in life but what would make them happy.

One day I rushed into the house after school, eager to hear the story yet another time, and found that the door to Gran'ma's room was open and the room empty. Her small, gilt-edged Bible was missing from the bedside table and her pink flannel gown was thrown across the end of the unmade bed. And all was silence in the house. Something awful had happened, I knew, and for some reason I thought of Bobby McPhail, so alive that one could hardly think of him ever being dead, and yet he was, buried in a field in France. And a cold chill ran through me to think that if it could happen to Bobby it could happen to anyone, even Gran'ma.

My mother came home very late that night and dragged herself into my room, walking almost like a ghost with chains. She sat on the edge of the bed and stared at me a long time through large, hollow, unseeing eyes.

"Where's Gran'ma?" I demanded, as though my own mother had abducted her and carried her off to some lurid imprisonment.

"She's very ill," my mother answered in a toneless voice. "She's in the hospital. We'll have to wait and see."

"I want to see her!" I cried out, full of a presentiment of doom.

"Yes, yes, I'll take you to see her," she said, "when the time is right."

The house seemed intolerably empty after that. The door to Gran'ma's room was kept shut, as though she were still in there, weaving tales of her own Bobby McPhail.

Through unconquerable habit, I would rush to that room each afternoon, hoping, through some miracle, to find her sitting up in bed with her multicolored threads and fabrics spread out across the quilt, the clacking needles abruptly ceasing upon my arrival. And each time I turned a corner in the house, I'd expect to find her small, bent, airy figure beckoning to me to follow her into the room for yet another story or, better yet, the old, familiar one.

Each night when my mother came home, ragged and weary, I would put the same command to her. "I want to see Gran'ma. You must take me to see her, before it's too late."

"Yes, yes, child," she'd say. "I'll take you to see her, when the time is right."

But she never did, and Gran'ma, like "Bonnie Bob," never came home again. And I never got to tell her that I understood. That I understood about Bobby McPhail and love and hope and spirit. That I understood that life was *meant* to be full of moments of joy. And most of all, I never got to tell her that I understood how sorry she was that *she* had understood it all too late.

And now another phrase is gently humming in my mind, a bit of poetry my own dear Charlie used to prod me with when we were young:

"Gather ye rosebuds while ye may,
Old Time is still a-flying."

But I really must pull the curtain on these reveries, for it's almost noon and the sun has elected to shine again, however briefly.

I must make some sandwiches and boil some eggs and find some ancient rag of tablecloth to soak up the moisture on the lawn. Then I must find where Christopher is hiding and tell him that the right time is now. **End**

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HEALING A HURT MARRIAGE

continued from page 50

ing, her own contribution. And she would no longer tolerate his infidelity.

Thea is not her real name, but what happened to her and to the other women in this article was very real. Each discovered her husband had become involved, emotionally and sexually, with other women. Not one wanted to lose her husband, neither did she want to share him.

A woman we will call Phyllis described the days and weeks following the discovery of her husband's infidelity. Filled with pain and hurt, a sense of loss, she felt humiliated. And then the anger would spill out in such a torrent that she would think of doing things—crazy things—such as smashing all of the boat models he had so painstakingly made, just taking a hammer and beating them into millions of little pieces. Maybe he'd know then *how it feels.*

Another day she would be sure the fault was hers, sure that he would not have found someone else if she had been more sensitive to his needs. "How could I have neglected him so?" she would ask herself. A question that tormented her even more was, "How could I not have known?" Then the hurt would wash over her again. She felt betrayed; he had broken the trust, the promise.

The worst times of all were the moments when she was overcome by a fear that bordered on panic. She thought of herself as the wife of a pediatrician. She had never really held a paying job. She was economically dependent on him, vulnerable, and that frightened her.

What Thea and Phyllis experienced is what most women experience when they believe they are in a monogamous relationship and suddenly discover that they are not.

Fooling herself

Many therapists insist that the woman who declares she "suddenly" discovered the infidelity is fooling herself. Dr. Hilde Burton, a psychologist with a private practice and a lecturer at the University of California at Berkeley, is not so sure.

"There is a certain kind of woman who is particularly trusting," Dr. Burton says, "who never questions it when her husband tells her he is working late. This woman can be genuinely shocked."

What is a woman to do, once she knows? Confront him? Does she scream and cry and demand a divorce? Does she, as one of the women did, "get hysterical and accuse him of ruining my life, and our children's lives"? Or does she pretend she doesn't know?

The first thing a woman needs to do, therapists agree, is to try to come to terms with the hurt and anger and despair so she can make some clear decisions. "What she must find out," says Dr. Burton, "is what is right for her. There is often a very large difference between what a woman thinks she can live with and what she can live with. Some find they can flow with a husband's affair. Some find they can't."

The second, equally difficult task is to cut through to the real problem behind the affair. More often than not, say therapists, an affair is a symptom that something is wrong with the marriage. "A husband may feel that he can't tell his wife what he really wants or what is really bothering him," says therapist Shirley Luthman of the Family Therapy Institute of Marin County, California. "So he says it another way—by having an affair." What the wife must do is decipher the message. He may want out of the marriage altogether, he may be signaling some discontent in his own life—a career disappointment perhaps—that has little to do with the marriage.

"The question the woman must ask," says psychologist Dr. Joan Kelly, "is 'Why is this happening to *us*?' not 'Why is this happening to *me*?' "

A couple dealing with this crisis must also question each other—sometimes for the first time in their married life—to dis-



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cover what each expects of the other and of the marriage.

This dialogue, in turn, can lead to a stronger relationship. In her practice Dr. Kelly begins the dialogue by asking a woman to describe her relationship with her husband, to say how she sees her contribution. "Then I ask her how her husband looks at her part in their marriage. I get her to look at herself from his perspective."

If both husband and wife are willing to participate in this kind of continuing exchange, chances for putting the marriage back together again are reasonably good. If the relationship is to survive, all the leftover feelings of anger and betrayal, all the debris scattered by the blowup over the affair, must be cleared away or they fester under the surface.

Rebuilding trust is, perhaps, the hardest task of all. "Every time I go away for a couple of days I get anxious," one woman says. "I'm still not sure what I will come home to."

In Phyllis's case, her pediatrician husband had, one day, looked back on his life and decided he had done nothing but work, nothing but what had been expected of him, and it seemed to him that he had missed the fun other people have in their 20s and early 30s. He wanted to make up for lost time; he started having an affair.

He had been so straight and narrow for so long, he told Phyllis: medical school then the kids and the house and the practice. Still, he valued her greatly and he valued their marriage. He asked her to give him time, and he wanted her to help him work it through.

In the following months, Phyllis and her husband talked as they had never talked before. He poured out fears and worries and tender feelings that he had never shared.

"He was changing and he wanted me to change with him," Phyllis explains. "In so many ways I liked him better—he seemed so much more alive, so much happier." Their marriage is different now; on balance, Phyllis says, they share a richer life. There are still other women, he doesn't try to hide it, but Phyllis feels certain, she says, that she is his most important relationship, and she hopes one day their relationship alone will be enough.

Hard to think clearly

"I have noticed that the longer a man and woman have been married and the more she has sacrificed her own personal development, the harder it is for her to think clearly of a course of action," says Dr. Hilde Burton, who has been counseling women through this kind of crisis for 25 years.

Take the case of Jenny—married 12 years when she discovered her husband was having an affair. "He was going away for a weekend camping trip," she says, "as he often did. He was in the kitchen packing food, and I noticed he was taking two of everything. Later I would understand how dense I had been—how he had been trying to tell me for a long time." She confronted him, he confessed and she did, she says, what she thought a "good" wife should do—she forgave him.

"Both of us came from very religious, traditional backgrounds," she explains. "I assumed that his philandering was my fault, that I had been doing something wrong. I asked him to tell me what it was so I could change. I kept after him until he finally told me things he didn't like—about our sex life, about the way I kept house. I tried to make myself over but, of course, it didn't work."

A few weeks later he told her he wanted out of the marriage, and he left. "That was when I discovered I had some strengths I didn't know about," she says. "I found that I had enough strength to be on my own."

Later, Jenny's husband had second thoughts. He asked her to join him in a special therapy—each would go into seclusion for two weeks, seeing only the therapist. There would be no reading material, no radio, no distractions. They would think and write down their thoughts.

Jenny hesitated—she didn't want to put herself through hell again. "By then," she says, "the pain *(continued)*



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HEALING A HURT MARRIAGE

continued

was bearable, just a steady throb." B she finally agreed because, "I was i trigued by the idea of the therapy, finding out who I was and what wanted." At the end of the two week the couple decided their marriage w worth saving. "But we had learned th the only way to have a relationship w for each of us to be *self*-dependent. could no longer use him to verify wh I was, and he could not look to me convince him that he was a man."

Ann Diamond, a highly regarded d vorce lawyer, has practiced in the Sa Francisco area for 22 years. She is th mother of six, the wife of a noted psy chiatrist and is considered an authorit on family law. She also has some ver definite ideas about salvaging marriage

"In my experience," she says, "if th marriage is still viable there is a bette chance of working it out if the wom an asks for a separation—not a divorc but a separation—immediately. For on thing, it gives her time to get her hea clear. And it is better than crying or beg ging him to stay, or trying to make hir feel guilty or ashamed. He may fee those things anyway, but eventually h will overcome them and opt out."

Ann Diamond also advises a woma not to turn her husband's weekend visit to the children into family outings, bu rather to absent herself at those times "When she does see him it should b away from the home."

Risk in separating

There is, of course, a certain risk i separating, the lawyer admits. "But i the husband does come back, it is be cause he chooses to, and that is impor tant if the marriage is to work."

A woman we will call Anita admit that she would have welcomed Ann Diamond's advice about a separation One Sunday evening, Anita and he daughter returned early from a weekend at the beach. No sooner had she entered the door, she sensed something was wrong. "I had this . . . *Three Bears* feeling," she says. "You know—somebody's been sleeping in my bed . . ." Her husband seemed giddy and a little belligerent. He told her he had met someone he cared about and that they had, indeed, spent the weekend in the house. "My reaction was really bizarre," Anita says. "I remember saying, 'Well, I just hope you didn't let her use my pillow.' "

Her husband assured her he was devoted to his family, that he had no wish to leave, but he pleaded for "space." She agreed to give it to him.

For six months she stayed at home, waiting. "I kept myself looking pretty, the house clean. I was the *(continued)*

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HEALING A HURT MARRIAGE

continued

perfect wife and mother and I was pe fectly miserable."

Her husband suggested she fin another relationship, too. "Open ma riage was never my view of marriage she says. "I wasn't going to bed wit someone just to make him feel better

Finally one day she found herse alone in the kitchen, shaking uncon trollably, and she knew she had to d something. She phoned the other woma and arranged a meeting so the three c them could "have it out." She insiste the other woman spell out exactly wha she wanted of Anita's husband.

"He was shocked to hear that sh wanted all those things he found s suffocating in our marriage—wha amounted to family responsibility. Forced to choose, he stayed with hi wife. "I know one thing," Anita says, bitterness in her voice, "I will neve again subject myself to such pain."

Most of the women interviewed fel unable to handle non-monogamous re lationships. "I believe we have a limite pool of emotional energy," said one o the women. "And once you start siphon ing it off to the outside you are takin it away from the spouse," Dr. Burto adds. "Deep down, most people want t be cherished, and to have a safe settin in which to care for someone."

Deep down, that is just what Thea wants. When she followed her husban from Mississippi to California five years ago, he had said he couldn't make any promises, that he didn't know what the future held. After a period of soul search ing, he left the ministry and, after a time, he met a woman who was, he said, warm and affectionate in a way that Thea was not. Their marriage was im portant but so was the other woman.

"I can't change him," Thea says, "only I'm not so worried about it now." She told him that she wanted a relationship in which husband and wife would be faithful, and that if he couldn't live that way, they should consider parting.

"I discovered I had some choice," she says. "I've learned that I can take care of myself, that I can survive."

Out of crisis, strength

There were no truly romantic endings to any of the stories we heard. Some marriages, torn by infidelity, had healed and seemed healthy, though the scars were still there. What seemed clear enough was that the women, in every case, came out of the crisis stronger, more sure of themselves.

Perhaps it was because they had faced the worst and it had not destroyed them. If they had lost some of their illusions, they had also lost some fears. **End**


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Karat Gold Jewelry

ALI

"I HAVE NO REGRETS"

Ali MacGraw. She's 40. She's single. She's bringing up her son, learning to be independent. Here, in her own words, is what her life's like now—and why she wouldn't want to change it.



This is going to be your year, I told myself on my thirty-ninth birthday. I realized then, with something like a thud, that I am responsible for me, for what I am and what I do. For the first time, I felt the *possibility* of being in control of my life.

I've just turned 40, and I can actually say my thirty-ninth year was wonderful. To be offered major roles in major motion pictures after such a major silence in a very young career is nothing short of a miracle.

Yet I have no regrets about that five-year hiatus in my career. I was totally involved with bringing up my child and enjoying my family. At the time, I felt it was essential—for me and for my son—to try to give my life a normal rhythm. It was good for a long time. Then, in the end, I simply got itchy to work.

I decided, and I know I was right, that if I postponed returning to work much longer, no one would have cared to see what Ali MacGraw was going to do next. Any longer, and I might not have had the choice of working.

But I did have the choice, and I realize that, compared to other women in my situation, I've had many more choices. I know I'm very lucky, that it's easier for me to be a single woman with an eight-year-old son than it is for many women.

I've had amazing luck, right from the start of my career. I was lucky when someone asked me if I wanted to act, lucky to be in a hit movie, *Goodbye, Columbus*, my first time out, and extraordinarily lucky to then appear in *Love Story*. Now we'll see if it was anything besides luck. My new movies will tell.

I don't know how my work is going to affect my son, Joshua. It's really too soon to know. I don't work that often—three months on, three months off, so far—but those separations are hard on us both.

Obviously, as a single parent, I have all the caring responsibilities. There's no cop-out time. No matter how good a friend my housekeeper is, I'm the one who drops everything and rushes home if I think my son needs me. *(continued on page 70)*

Photograph by Klaus Lucka, hairstyle by Raymond Camacho of Le Salon, makeup by Wendy Whitelaw, fashion by Liz Claiborne, earrings by Red Cobra.

"o.b. didn't loo
but now I even fee

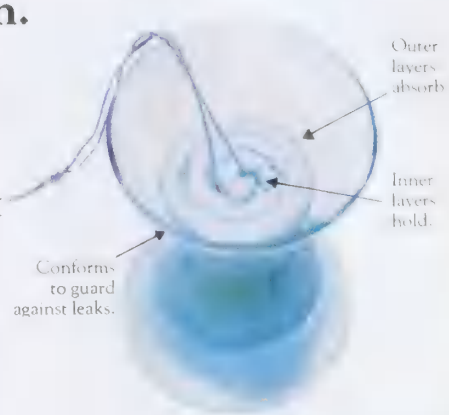


"o.b. looked too small for heavy days like mine. But does it absorb! I guess o.b. just looks small because it doesn't need an inserter. With o.b. I get all the protection I need. Now heavy days don't seem so heavy."

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›ig enough,
;afe on heavy days."

Layers and layers of protection.



Menstruation starts about two years earlier and lasts as much as ten years longer than it did two generations ago. To make a woman's menstruating years as free as possible, a woman gynecologist designed o.b.® Tampons. o.b. is rolled in unique inner and outer layers that absorb and hold fluid for hours. As o.b. absorbs, it expands to comfortably fit your inner contours. o.b. fits you so well, you can feel safe from leaks and accidents, even on heavy days.

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The woman gynecologist who designed o.b. knew that the vagina delicately curves, while tampon inserters are straight. She developed a method of natural insertion, a simple way that lets your fingertip control o.b. and place it just right to give you the most protection. That's why o.b. doesn't have an inserter. In fact, clinical tests prove o.b. works better than even the leading inserter tampon. And o.b. is so comfortable, you may even forget you're wearing a tampon.


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TAMPONS

Layers of protection by a woman gynecologist.



ALI

continued

Whenever I'm absent, the rhythm of our lives together is broken. There are times when I feel guilty. Sometimes I look at Joshua and I know he'd like me close by, even if he just wants to shut the door to his room and be alone. Still, I don't think you can be good to another human being if you're not good to yourself. I feel, at this point in my life, that it's okay to be somewhat selfish—I wish there was a better word for it.

When I'm away, I call Josh every night. He knows that if he wants to visit, all he has to do is say the word and I'd arrange it if I could, for the very next day. When I was making the movie *Players*, he asked to visit only once, and that was probably because he didn't have anything very interesting on his agenda.

Recently, Josh was with me for ten days, here in New York City, where I'm on location for my next picture, one in which I co-star with Alan King. Josh and I had a fantastic time together. The night before he was going to leave, though, he began sobbing, "Why do I have to go home? Why can't I stay with you?" I thought I would die.

I tried to explain that he'd miss school and baseball, that I'd be so busy working we wouldn't have lots of time together and that he'd have to stay with a stranger during the day. I promised him he could come back to New York the following weekend.

When I called the next night, he said that he hoped my feelings wouldn't be hurt but, since baseball season had started, he'd rather come some other time. I was so relieved. He must feel secure, I thought. I hope so.

Because I must travel, I do have problems other working mothers might not have. The day-to-day sharing is important, even if you spend only ten minutes together at bedtime, when your child gets to tell you all about his day. You can't do quite the same thing on the phone. Also, I'm a very tactile person, a big believer in hugs, and you can't do that long-distance.

I considered taking him with me on location. Then I thought, I wouldn't like that if I were an eight-year-old. It's not fair to yank him out of the school he's used to, and drag him away from his friends. I think having some kind of roots is important. So he's in Malibu, California, where we have a wonderful home, loving friends and neighbors.

My home means a great deal to me. I never had even a room that I could say was mine, and only mine.

When I was growing up, I remember my friends telling me, "This is my Daddy's study." And I thought, *Where's your Mommy's study?* Maybe that's what made me a fanatic about my own house. I love it passionately. I pay the rent, I decorated it; it's mine, and that matters to me.

I'm much more independent now, there's no question about it. And I hope I'm showing my son what feminism is about in the subtlest way of all: by having my own house, paying the bills and working very hard at my career. I don't think Josh will grow up to be the sort of man who would be attracted to a woman who says, here I am, do everything for me, love me, feed me, buy me jewelry, take me to the south of France.

Happier now

The years have taught me something. I *happen* to be happier now, and I don't think that's an accident. I can remember many times in my teens and twenties, feeling really terrible. My thirties were filled with high highs and low lows and not much in between. Not that I would undo anything, although I would spend less time in certain places.

I know I'm more honest. I hope I never again find it necessary to play games, as I did for so many years. For me, today, the bottom line is, here I am, this is me, I hope you like *(continued)*

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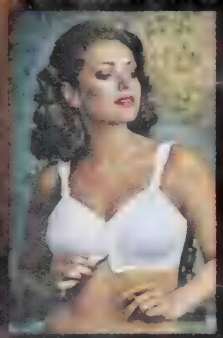
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ALI

continued

. It's no longer, tell me what you want nd I'll be it. You wind up playing the ictim that way, creating your own unappiness then blaming others for it.

I don't mean to say that I've got all ny problems licked—there's a tremenlous amount of work ahead. But things re beginning to fall into place for me. 'm beginning to be comfortable with nyself and my age—which is, I think, ll about accepting who I am.

I know my days of playing a high chool cheerleader are over, so there's o point in letting my hair grow long nd parting it in the middle. When I was 0 I played a 19-year-old. In *Players*, 'm a woman about my own age who falls for a much younger man, a 23-year-old tennis hustler, played by Dean-Paul Martin.

Since *Players* is about a May-December romance, people want to know my opinion on the subject. I think if two people feel good about each other, an age difference isn't important. My mother was married for 45 years to a man six years her junior. They got along incredibly well, and they were extremely interesting people to be with.

I'm not so frightened now about getting older, and I'm beginning to like the way I look these days. At Gloria Steinem's fortieth birthday party, someone told her she looked great for 40, and she replied, "This is what forty looks like." I love that story.

I'm kind of tired of talking about the marvels of being 40, and about how much better it is. But for me, it really does feel better. **End**

Spending Your Money

continued from page 30

our, such as ours is, to beat the oaring costs of single family omes. Neither my husband nor I uite understand what these words nean. Can you help us?

The "zero lot line home" is a new conept in home building now sweeping cross the country, under which home uilders are trying to hold down the rices of detached, single-family dwellngs to levels a family, such as yours, an afford. They do this by reducing the ize of the housing lot by 15 to 43 feet nd then placing the house on, or close o, one of the side boundary lines. (Thus, the name: zero lot line home.) The wall of the house abutting the side oundary contains no windows, or only vindows placed higher than usual to naintain privacy. The rest of the house s especially designed, often with skyights and arches, to bring sunlight into vhat might otherwise be a dark interior. The single side yard is large enough for garden, barbecue or patio area.

Estimates are that lot costs account or around 31 percent of the sale price of a house and these zero lot line houses ermit sharp decreases in this sphere by ncreasing the density of houses from, ay, four to five per acre to ten to 12 ouses per acre. Also, the smaller lots ctually are viewed as a plus by many omeowners because they don't have to lant so much lawn, and then spend noney for water to maintain it.

The houses are springing up now in such widely separated cities as St. Louis, Miami, Chicago, Denver and Dallas.

We had the entire outside of our house repainted only three years ago; and now, as we look at it in the first bright days of Spring, it looks faded and badly in need of a whole new job. How long should a so-called good house painting last?

A quality home paint job should last from six to eight years, but other factors may change this range a bit. For instance, if your house had been painted in a bright color (or colors), the fading may be faster and your house may need more frequent painting. Or, if you live in an area of high air pollution, this, too, may affect your exterior paint.

In April's *Journal*, you gave us some extremely important advice on deductions for household expenses my husband and I had to take on for care of our eight-year-old son, in order for both of us to hold down full-time jobs. But what about the extra school expenses we're incurring for the same reason? We're sending him to a much more expensive school than we would if I staved home full-time, because we want to be sure he is getting the proper education. Any breaks available to us here?

Yes, you may be eligible for an immediate tax break on your child's school expenses, too—if the school expenses are incurred so you and your spouse can go out to work. In effect, this is a rebate on your child's school expenses—and if you're eligible, you can get your rebate and the extra cash right now! File an amended Form W-4 with your company and claim the credit to which you're entitled. You can reduce your withholding —and put more money in your pocket—by increasing the withholding allowances you claim on the Form. The expenses must be for the "well-being and protection" of a dependent child under age 15—so you must allocate the school expenses between the education portion and the non-education portion. The tax saving exception is that if your child is in nursery school, both educational and non-education expenses qualify for the credit. **End**

COFFEE, TEA OR VIVARIN?

There are times when nothing beats sitting down and having a cup of hot coffee or tea. Particularly first thing in the morning. It tastes good and gives you a lift.

But if, as the day wears on, you sometimes find yourself having a cup of coffee or tea just for the lift, you should know about Vivarin.

Vivarin is a gentle pick-me-up. The active ingredient that makes Vivarin so effective is the caffeine of two cups of coffee squeezed into one easy to take tablet. And a Vivarin tablet is more economical than two cups of coffee, and requires no preparation.

So when you want a lift, take Vivarin. It's convenient, inexpensive, easy to take, and it really works



Read label for directions



SPECIAL FROM WEIGHT WATCHERS

Walk Yourself Thin

From the world's leading diet experts . . . an exclusive look at an easy, foolproof, exercise program that even an exercise-hater can love. By Joan Rattner Heilman

You try on one of this year's sleek new bathing suits and you note with alarm that there's a little more to your thighs than there was last summer. Let's face it, there's a little more to *you* than there was last summer. It's time, you realize. It's time to lose weight—and to get yourself in shape.

But you've never been an exercise lover, to say the least. Non-athletic, to be honest. You just don't think it's fun to run around. It doesn't exhilarate you, it makes you cranky, it makes you hungry. At this point in your thinking, you're probably beginning to feel that you're beyond repair. You've heard that it takes a lot of exercise just to burn off the calories of a single doughnut. Where does that leave you?

Don't give up before you've begun because this month, specifically for you, Weight Watchers is introducing its Personal Exercise Plan (PEPSTEP) as a supplement to its now-famous diet. PEPSTEP was developed after years of studying what overweight people can safely do and are *willing* to do. Members may choose to go along with it or not, though they are informed that a combination of diet and exercise will help them reach their goal weight faster than diet alone.

"You'll lose weight if you cut down on your food intake—that's always been our position," says a Weight Watchers spokesman. "And our members have always lost weight on our diet, especially since we added a behavior modification program to help them change their eating habits. We never concerned ourselves with exercise. But in the last few years, so much new information has evolved about the importance of physical activity for good health and fitness—as well as for weight loss—that we feel it is now necessary to offer our members a safe physical activity program."

If you were to set about designing a plan for overweight people who don't like exercise, what considerations would you have to take into account? First, you'd have to acknowledge that most people who have a tendency to be overweight are not likely to participate in many kinds of physical activity. They are traditionally sedentary—many studies have clearly shown that lean and fat people differ dramatically in how much they move. So a specific plan for overweight people would have to be simple, easy, non-strenuous. It would have to consider that overweight people, as a group, are prone to certain diseases and conditions. An overweight person, for example, is more likely to have coronary disease and other heart and circulatory ailments, as well as digestive problems, gout, gallbladder disease, thyroid malfunctions, arthritis and diabetes. An exercise program for Weight Watchers members would have to be suitable for men, women and teen-agers.

The planners at Weight Watchers also wanted a program that would require no partner in order to participate, no special clothing or equipment, no special facilities. They wanted a regime that people would follow at home on their own, one that would cause no physical strain and could fit into almost anyone's lifestyle and have enough appeal so people would stay with it! *(continued)*



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Rolfs introduces a beautifully designed clutch you can personalize with your own monogram. The new Swagger Clutch includes three inside pockets, a framed coin purse, removable checkbook cover, plus a zippered bill pocket. When it comes to fashion and practicality, Rolfs should always be your initial choice.

ROLFS . . . it shows you care.

West Bend, WI 53095. Available at fine stores throughout the USA and Canada.



Walk Yourself Thin

continued

Impossible? Not so. With this long of conditions, Weight Watchers went a well-known specialist in the field exercise cardiology, one of the first c diologists to use exercise therapy heart patients and to develop prevent exercise for healthy people. They ch Lenore R. Zohman, M.D., who runs cardiopulmonary rehabilitation progra at Montefiore Hospital and Medi Center in New York; Dr. Zohman is a chairwoman of the New York He Association's Committee on Exerci Weight Watchers asked Dr. Zohman design an exercise program suitable a safe for the overweight.

After two years of study, Dr. Zohma using her own expertise and resear from all over the world, created PE STEP. This program gives Weig Watchers members a choice of two ki of physical activity: walking or st climbing. Both programs start off ve slowly and gradually, with a structur progression that must be followed pr cisely—"just like a recipe," says Dr. Zo man. Members are asked to choo either walking or stair climbing and sti with their choice. Weight Watche members do their exercising outside t classes. In the meetings, they recei three short pamphlets giving them the details of the program. They do t exercises on their own, then come ba each week to discuss their reactions, a to get support from the group. The pl is so simple, a woman can follow it her own.

Pre-tested plan

Dr. Zohman pre-tested the exerci plan she developed on a group of volu teers, giving them treadmill tests a taking body measurements before a after ten weeks of activity. It worke The volunteers, half of whom walke while the other half climbed stairs lo weight more rapidly than they had bee losing on their diets alone. More impre sive, they had "a significant fat loss in the right places," says Dr. Zohman. "Th heaviest fat pads tend to develop in th lower part of the body and our volun teers had their biggest loss of fat fro their hips, thighs and waists." This wa in line with studies by earlier researche that demonstrated that a combination exercise with diet not only helps dieter lose weight about ten percent faster b markedly improves the percentage body fat lost in relation to lean bod mass or muscle.

That's only part of it. All of the vol unteers showed improvement in thei resting heart rates, maximum oxyge consumption and their stamina. In othe words, by doing moderate exercise fo

(continued on page 166)

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I chose Final Net because its soft, natural look goes on...

Professional photographers can have hectic schedules. That's why I need to know I can depend on Final Net® to hold my hair beautifully all day.

You see, Final Net has an extra-fine mist pump. That's why it always leaves my hair looking soft and natural.

And it's non-aerosol. That means no propellants. So it's concentrated...to give me a beautiful hold that still holds up long after I've given up.

In fact, I wish I could hold up as long as my Final Net does.

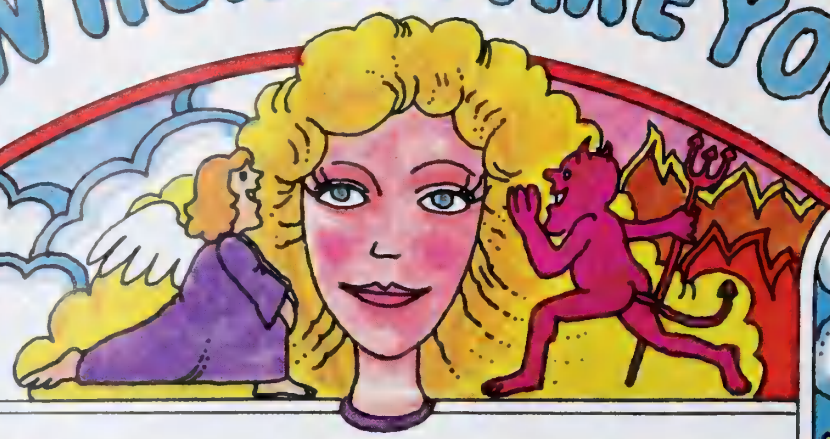




Final Net holds up longer than you do.



HOW HONEST ARE YOU?



Don't answer this question—yet. First read how dishonest too many of us have become. Next, take the quiz on the following page. Then, search your soul and answer—honestly. By Morton Hunt

A few months ago I received a check for $643—federal insurance money for damage our house suffered in last winter's rain and snow. A month earlier, however, I'd received a check for an identical sum: A computer or a human bungler had erred and paid me twice. When I mentioned this blunder to a group of friends, they asked me what I'd done with the second check. "Sent it back," I answered. And with scorn and disbelief, they howled me down.

"Why on earth did you do *that?*"

"With taxes as unfair as they are? You must be kidding!"

Every decent, respectable man and woman there said I should have kept both checks and, if ever questioned about the overpayment, simply said I'd never noticed.

That conversation troubled me. At first I was upset by my friends' endorsement of thievery. But later on I began to wonder if my honesty had been, as they said, foolish. If a third check arrived, would I simply tell myself, "It can't be wrong to keep this money if so many people say it's right"?

So I was wavering, too.

Are we all dishonest?

Ask yourself some questions.

Would you perjure yourself for money? If your answer is no, think again. On our income tax returns, we declare—"under penalties of perjury"—that the information we supply is "true, correct and complete." Yet three out of four audited taxpayers either under-report their income, exaggerate their expenses or make some other error in their favor. (And the computer isn't seeking out known crooks; it's screening respectable, well-salaried citizens whose jobs offer them opportunities to juggle their tax returns.) The computer's program assumes that people who have the chance to cheat will do so—and results prove that this assumption is, for the most part, correct.

Would you take linens or silver from a close friend's house? Of course not. But from a hotel, you might. Statistics show that stealing by hotel patrons has increased seriously. One third of all hotel guests now appropriate towels, sheets and furnishings—even TV sets and bibles—from their rooms. Typical hotel robbers are no longer professional criminals. They're respectable people who tell themselves they're just "picking up a souvenir," or compensating for high room rates.

Would you try to collect money you're not entitled to by submitting a false insurance claim? Before you say no, *(continued)*

Illustrations by Frank Marciuliano

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True. Unexpected coolness at only

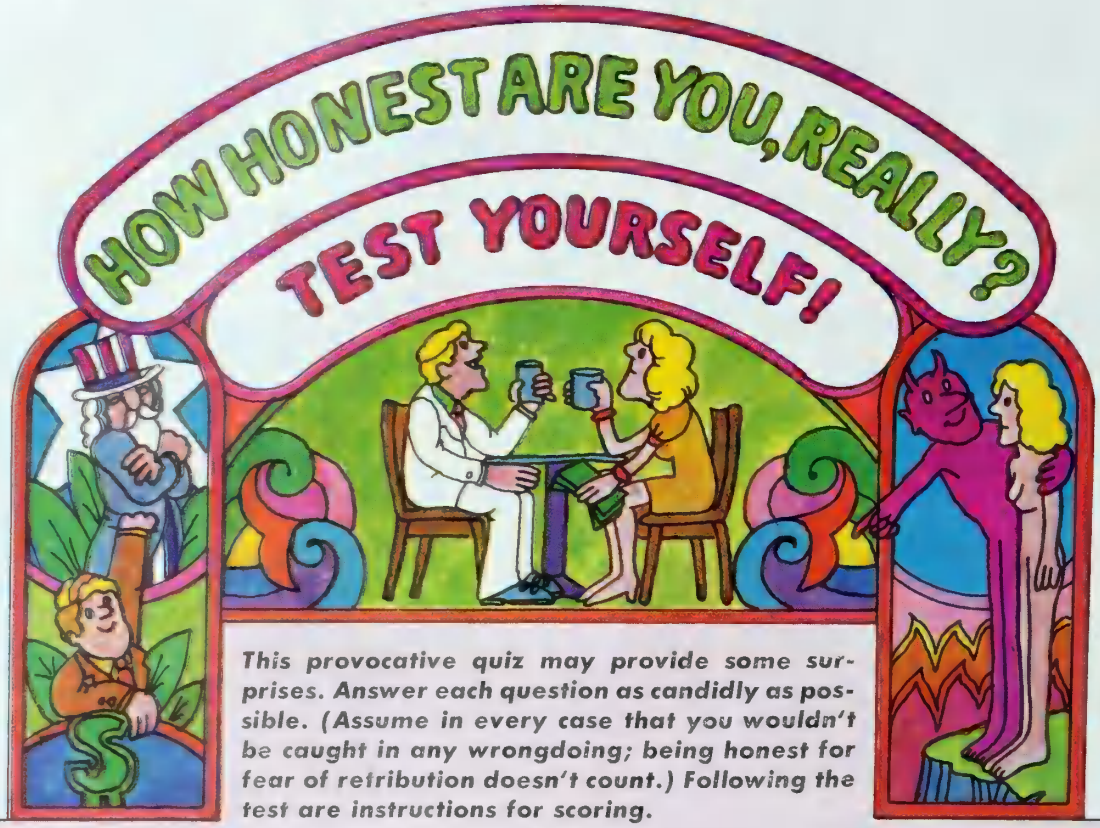


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Menthol. 5 mg. "tar", 0.4 mg. nicotine av. per cigarette, FTC Report May 1978.

think. Inflated reports of fire loss, storm damage and theft are widespread. A car owner with auto damage totaling $1,000, for example, will often cajole a repair shop into falsifying a bill for $1,200, and thus sidestep paying the $200-deductible sum. Insurance rates are so high, this person might think, that full coverage is impossible for most people to afford. Such an argument may ring true, but if it's accepted as valid, it can be used to justify cheating, lying and stealing to get whatever falls outside our budgets.

Would you regularly filch cash from your boss's safe? Certainly not, you say. Consider, though—expense account padding amounts to something similar. Very few people express much discomfort *(continued)*



This provocative quiz may provide some surprises. Answer each question as candidly as possible. (Assume in every case that you wouldn't be caught in any wrongdoing; being honest for fear of retribution doesn't count.) Following the test are instructions for scoring.

1 You find a wallet containing nearly $1,000, plus identification. Do you keep the cash?
No ( ) Maybe ( ) Yes ( )

2 You want to add a garage to your house, but a building inspector says the structure will violate a zoning ordinance. He later hints, however, that for $100 he will okay the construction anyway. Do you give him the money?
No ( ) Maybe ( ) Yes ( )

3 You sell your house to a woman who, for reasons of her own, pays you in cash. By reporting only part of this payment to the IRS, and putting the rest in a bank vault, you can save thousands. Do you?
No ( ) Maybe ( ) Yes ( )

4 A catalog store ships you a $500 television, but bills you only for a $25 TV-table. Do you quietly send a check for the smaller sum?
No ( ) Maybe ( ) Yes ( )

5 Checking in at a fine hotel, you find a thick, new bathmat in exactly the color you need. Before you leave, you could hide it in your suitcase. Do you?
No ( ) Maybe ( ) Yes ( )

6 You have dinner with a colleague in an expensive restaurant. Paying the bill, she hands you the receipt and says, "Tell your company you took *me* to dinner—make yourself fifty bucks." Do you?
No ( ) Maybe ( ) Yes ( )

7 In the ladies' room of a hotel's restaurant, you take off your wedding band, then forget to put it back on. By the time you return to the ladies' room for the ring, it's gone. Your insurance doesn't cover this kind of loss, but if you claim the ring was stolen from your hotel room, you could be reimbursed. Do you lie to your insurance company?
No ( ) Maybe ( ) Yes ( )

8 Late for an evening engagement, you speed through a stop sign and dent an oncoming car. This accident could cost you your license, so to make the judge more lenient, you propose to tell him that, though you were driving carefully, you were blinded by the other vehicle's oncoming lights. Do you tell this story to the judge, and lie under oath?
No ( ) Maybe ( ) Yes ( )

9 Your car is for sale, and someone agrees to pay the price you name—he gives you a deposit and the two of you shake hands. Later on, another customer offers you $200 more. She urges you to tell the first customer you've changed your mind and send him back his deposit. Do you?
No ( ) Maybe ( ) Yes ( )

Scoring: *Give yourself two points for each* No, *one point for each* Maybe *and no points for each* Yes. *Then add up and see how your honesty rates. 18: You're a straight arrow, perfect. 12 to 17: Your honesty is laudable. 7 to 11: Your honesty is rather inclined, or—depending on how you look at it—shaky. 1 to 6: You're a self-seeker with a few leftover qualms. 0: You look out only for Number One; you're a thorough cheat.*

At what age do you start to look like an "older woman"?

Pretty scary, isn't it. How quickly you can go from looking young to looking like an "older woman." It's almost as if one day you wake up and there they are – those tiny lines and wrinkles that tell the world your age. Or worse, make you look older than you are. Yes, it's a shock. But it's a shock that we all face sooner or later. And yes, there is something we can do to help.

There is a unique beauty fluid that women all over the world have discovered. Here in the United States, it is called Oil of Olay. Perhaps you've already heard about Oil of Olay. Perhaps a friend told you. Because that's the way women usually find out about this mysterious beauty fluid. Women share the secret of Oil of Olay with each other because it really helps them look younger. It can help you, too, whatever your age.

You'll be delighted at how pleasant it is to use Oil of Olay. And how different it is from other facial creams and lotions. Dab a bit on your fingertips and smooth it on your face. You'll be amazed at how greaseless it feels. That's because it penetrates so quickly. In seconds, Oil of Olay sinks into your skin, to work with your own natural fluids, to restore your own youthful moisture balance.

Why does Oil of Olay really help? Because it works from the inside out, too. It drenches your skin in a wealth of tropical oil and precious emollients. It eases dryness, the same dryness that causes the tiny lines and wrinkles to be more noticeable. Then it softens and smooths your skin and, best of all, it brings out your own natural glow, gives you a look of youthful radiance.

Most women use Oil of Olay twice a day, morning and night on their face, and on their neck as well. Many women also use this skin-loving fluid under cosmetics for a smooth, soft look. It makes foundation look glamorous and dewy. Or, if you prefer not to wear make-up because you like a natural look, Oil of Olay is all you need to look fresh all day. In fact, you may want to give up other beauty preparations.

Make Oil of Olay part of your beauty regime, starting today. Once you've discovered the secret of Oil of Olay, you've discovered the secret of younger-looking skin. And that's the beautiful difference between being an older woman and a grown-up woman.

BEAUTY TIPS

Take time out for a beauty bath. Pour bath oil into your tub, then pamper yourself with Oil of Olay® beauty lotion on your face and neck, and lie back. Let the tropical oil and precious emollients in Oil of Olay sink into your skin, to bring out your own natural radiance. You'll feel refreshed and your skin will feel soft and smooth.

After a day outdoors, your skin really needs Oil of Olay. It eases the drying effects of wind and weather. Wash away perspiration and grime with a mild soap or cleanser, then smooth on Oil of Olay. It eases dryness, disappears completely into your skin. And leaves no trace of greasiness.

Use Oil of Olay beauty lotion throughout the day, but especially in the morning and at night after you wash your face. Lavish it on. Oil of Olay eases dryness. It provides a moist climate for your skin to luxuriate in. You'll notice how smooth and soft your skin feels, how radiant it looks from the very first time you use Oil of Olay.






The Kodak Ektralite 10 camera has a convenient built-in electronic flash to catch all the action.

READY IN A FLASH!

- Convenience of built-in flash.
- Aim-and-shoot simplicity.
- The flash stops the action. 1/1000th of a second freezes just about anything or anybody.
- Dive into a fun camera... get the Ektralite 10.

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Kodak Ektralite 10 Can Do.
camera

Kodak

HOW HONEST ARE YOU?

continued

about this practice. Last year, in fact, John Tillman, the former director of public relations for the Port Authority of New York and New Jersey, was indicted for systematically collecting expense money he hadn't spent, to entertain newsmen and public officials he hadn't met. To defend himself, he protested—accurately—that he was merely "following the accepted practice" of his colleagues.

Would you steal from a store? Never. But according to industry sources, more and more shoplifters are decent citizens. (One New York City department store recently had 500 randomly chosen shoppers followed; one out of 12 stole something.) Though these thieves don't go in for the big kill, they do make off with hundreds of millions of dollars worth of tools, books, watches, sweaters, lingerie and the like, every year. Moreover, employees who steal from their own companies get away with even more merchandise. The Department of Commerce estimates that eight to ten percent of all retail store employees are habitual thieves.

Do your children cheat on exams? Not my kids, you say? A 1978 Gallup Youth Survey found that 62 percent of all teen-agers have cheated at one time or another. This practice is also widespread on college campuses, where it is sometimes considered a stylish way to handle scholastic pressure. What's more, term papers and dissertations are for sale at every major university. A recent issue of Berkeley's *Daily Californian* featured eight ads openly offering "ghostwriting," "research writing" and "thesis writing."

Whom are we really hurting?

We have many justifications for lying and stealing—the cost of everything from food to fuel seems deliberately inflated, and our tax structure seems unfair. But behind these rationalizations lies a single theme. We excuse our dishonesty because it's directed against insurance companies, department stores and other large organizations. Our sense of connection with these entities is so remote that we sometimes feel downright *foolish* when we deal with them honestly—especially if our honesty costs us money. It's also easy to tell ourselves that governments and large organizations can absorb small losses.

But there's a fatal flaw in this thinking. When we cheat impersonal corporations, we indirectly cheat our friends. Data from the Department of Commerce shows that marketplace theft raises the cost of what we buy by two percent.

We also pay for fraud committed against the government. The doctors who collect Medicare money by practicing unnecessary treatments, the grain dealers who sell the government inferior grain at top prices, the contractors who overcharge for public construction—and a variety of other chiselers—cost each average taxpayer, according to federal estimates, some $300 yearly.

As dishonesty comes closer, we question our national and community leaders. Few people trust the politicians they elect. And as we learn more about doctors' and lawyers' practices, we lose some of our respect for them, too.

Three out of four doctors now practice, for example, what they privately call "defensive medicine": They prescribe X-rays and chemical tests when a simpler procedure, such as listening to a

(continued on page 176)



Wheels make their world go round.

A toddler's first tentative steps from mommy to daddy are filled with adventure and encouragement. But once that's mastered, toddlers still need practice.

That's where Playskool comes in. With three toys that help toddlers achieve balance and coordination while they're having fun.

Twirly Bug (1 to 3 years) is a delightful, push-pull toy that opens and closes its leaves as it rolls along to reveal the cutest ladybug.

Toddler Taxi (1 to 5 years) is a colorful combination walker, stroller and toybox that makes it fun to take a favorite doll or stuffed animal for a ride while the "driver" gets practice in walking.

Tyke Bike (1½ to 3½ years) gives little legs practice in walking even though seated. And with features such as chrome-plated handlebars, streamers and "white-walls," it's a fun preview of grown-up bikes to come.



PLAYSKOOL

Playskool, Inc., A Milton Bradley Company

KATHY

By Maureen Cannon

And Kathy? Kathy's nine.
Seems more sometimes. Or less.
Nine's harder to define,
I think. There's loneliness
In nine and, when you least
Expect it, when you've ceased
The quarrel, there's the bone
It buried. Nine's alone
And full of need. It sees
A dozen certainties,
And not one answer. Home's
For enemies. And diaries
And poems.

Your Family's Health

David R. Zimmerman

Our medical expert questions an endorsement of tranquilizers; reports on new help for troubled housewives; and warns of what can happen when our health records are placed in computers.

STRESS PILLS. A campaign to educate doctors and consumers about stress and ways to treat it has been launched at Cornell University Medical College in New York City. But because the program is financed by Roche Laboratories—manufacturers of the much-criticized anti-stress drug, Valium—its objectivity is in question. Cornell's dean, surgeon Theodore Cooper, MD, says drugs are "very often" an appropriate therapy for stress, and he recommends using Valium when anxiety first surfaces. Early intervention with tranquilizers, he explains, "buys time" for other, subsequent treatments.

Many stress experts disagree, however. Doses of Valium as low as 15 milligrams a day are now found to cause drug dependency. In fact, the Food and Drug Administration may demand that all tranquilizers of this sort carry new labels warning of the medicines' habit-forming qualities. Psychologist Rachelle Mandelbaum, MS, who counsels federal health workers, says she opposes treatment with mood elevators except, perhaps, as a possible last resort in a temporary crisis.

Before trusting endorsements of tranquilizers like Valium, discerning consumers should remember the experiences of former First Lady Betty Ford, and the millions more women and men like her, who became inadvertently hooked on the combination of Valium and alcohol. Exercising and changing one's living habits offer safer ways of handling tension; beyond that, psychotherapy can be useful in understanding and relieving the sources of anxiety. (The Fund for Investigative Journalism helped finance this research.)

WOMEN HELP WOMEN. After only two months of training, a group of understanding, self-confident women are proving to be effective peer counselors to isolated women in rural, western Wisconsin. The Women Helping Women venture was started by counselor Lee Morical, MS, of the University of Wisconsin, Menomonie, to provide emotional first aid to lonely housewives on farms and in small towns.

The 30 peer counselors trained by Morical work under the direction of community agencies. "The people who consistently prove to be most supportive," Morical says, "are housewives and mothers themselves. They've been there and are therefore good listeners—caring and non-judgmental."

When three dozen Wisconsin clients were interviewed, and asked about their peer counselors' help, all their responses were "overwhelmingly" favorable, Morical reports. "There wasn't one negative comment." One farm woman who was recovering from depression recalled, "I could call my counselor at any time, and she'd say, 'Hang on, I'll be right there.' I'd really have been alone without her."

Now the National Institute of Mental Health has given Morical funds to help women outside Wisconsin set up similar programs.

PRIVATE FILES. The medical records that doctors keep about each of us are useful to our continuing health care. But the placement of this confidential information into the centralized computers of insurance companies, government agencies and other institutions now jeopardizes our personal privacy.

"Women have no guarantee that their private medical records will remain confidential once the original doctor releases them," warns Mary Jane Wogan, president of the American Medical Records Association (AMRA) in Chicago, Ill. Few Americans realize, she says, that the life insurance industry maintains a centralized, health-records file on millions of Americans who have applied for coverage. Everyone who joins Blue Cross, she adds, automatically consents to have his or her hospital records released to the huge insurance carrier.

The records that women are most concerned about, Wogan says, are those that have "social implications," especially reports of abortions, venereal disease and psychiatric illness. The AMRA would like to curtail "fishing expeditions" into people's records, Wogan says. Her organization favors a federal law that would require any request for information to stipulate what data was needed, and why. The patient would also have an option to refuse to release information, if she so desired.

A CURE FOR HERPES? Tampons medicated with zinc have dramatically relieved symptoms of herpes *simplex*, the virus that causes sores in the genital region of women and men. In a recent experiment, the tampons began clearing persistent viral blisters within 24 hours, reports internist Patrick O. Tennican, MD, of the University of Arizona, who tested the new therapy on ten college women. Six months after treatment, seven of the ten women found that their viral blisters had not recurred—an unusually successful result. Researchers must now run additional tests, and monitor their long-range outcomes, before they can confirm the new method's value. But, as Dr. Tennican says; "At this stage, the therapy shows promise." **End**

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Regular and Super.

The first beltless napkin in Super.

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"OUR JENNIFER LIVES"

She was so tiny, so helpless, so frail. But she won her desperate struggle to survive—and taught everyone around her an unforgettable lesson in courage. By Nancy Shapiro as told to Elisabeth Keiffer.

The first time Jim and I saw our baby, we were giddy with joy—like any new parents. True, Jennifer had been born a month too soon, and at four pounds/nine ounces, she was a shade small, even for an eight-month baby. But, there in the delivery room, she seemed perfect. We were dazzled at having produced this little being.

Early in the morning, the next day, our pediatrician came into my room. He had examined Jennifer, he said, and had found a pronounced heart murmur, loud enough to hear without a stethoscope. It was too soon to tell what it meant and too soon to worry, he told me carefully. Murmurs sometimes disappeared spontaneously. When he left, I lay back in bed with helpless tears running down my cheeks. Why us? How could this have happened to Jim and me?

The next day, when I saw my baby in her incubator, I realized with a start who "this" was really happening to. Jennifer was blue around the lips. The blueness, a nurse explained, meant that Jennifer's body wasn't getting enough oxygen. Jennifer also had pneumonia; she had been born with it.

Four days later, I was sent home—without Jennifer. She was still too small and too sick. As the days passed and she recovered from the pneumonia, Jim and I prayed that somehow her heart murmur would go away, too. I wanted so much to take her home to the daisy-fresh nursery that awaited her. But when Jennifer was just two weeks old our doctor told us, as gently as he could, that we must take her instead to the Pediatric Cardiology Unit of Yale-New Haven Hospital, 25 miles from our home in Middletown, Conn., for more extensive tests.

My memory of that *(continued)*

What a relief that Jennifer looks—and is—so healthy at last! With my husband and me, from left: Jennifer, 6; David, 5; Jonathan 3.

Photograph by Judy Lawrie

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"OUR JENNIFER LIVES"

continued

visit is a blur of fear. I remember shuttling from one myste ous laboratory to another—X-ray, hematology, EKG—Jim a I feeling more bewildered and scared at each encounter w another impersonal stranger. Although we didn't talk abou then, each of us was silently longing for someone to cling someone to tell us what was happening.

But when all the tests were over, another stranger told without any real explanation, that we weren't going to t our baby home that day either. Jennifer was to be admitt to the hospital immediately. Jim was handed a card for admitting office. It said: *Jennifer Shapiro, 16 days. Conge tal heart disease.* That's when we began to understand J nifer's problem.

I don't remember who told us that Jennifer was in sev heart failure. I do remember that we thought she was dyi

I also remember Dr. Michael Berman, one of the doct caring for Jennifer. He brought instant comfort, and has si become a treasured friend. He took the time to sit with and explain what was wrong with our daughter. Patient he drew pictures of a normal heart and of Jennifer's. I ha those pictures still.

A second defect

Dr. Berman told us that, for reasons medicine still ca explain, Jennifer had been born with the pulmonary arte and the aorta transposed. Ordinarily, the pulmonary arte carries blood from the heart to the lungs so that the blo gets oxygen and has its wastes removed. The normal ao distributes the purified, oxygen-rich blood to all parts of t body. But when the vessels are reversed, as in Jennife case, blood that had just been enriched with oxygen is se back to the lungs, while oxygen-poor blood returns to t body. We learned that Jennifer was alive only because s had a second defect, a hole between the two lower chamb of her heart. This hole allowed some of the oxygen-rich blo to mingle with the oxygen-poor blood before it was pump out to her body. But it could not keep her alive very long.

Surgery could correct the vessel transposition, but the r for a newborn infant is high—too high. There was a 50- chance that Jennifer would die or suffer a stroke during t ten-hour ordeal. Jim and I eagerly accepted the alternati the doctors offered: They would increase the blood's mixtu by creating another hole between the heart's upper cha bers. They planned to do this during a complicated diagnos procedure called catheterization. The procedure, which done to get detailed information about the heart, involv threading a thin plastic tube from a blood vessel in the gr all the way to the heart. While Jennifer was undergoing catheterization, the doctors would also try to create the n hole in her heart.

This procedure is somewhat risky for an infant. It w another three weeks before the procedure could be tempted. But it worked, and our little girl could come hor with us at last.

I hadn't realized how frightening it would be to take ca of a baby, the first I'd ever handled, whose hold on life w so slim. All day I hung over her crib, counting her respi tions. Were they too fast? I scrutinized her skin. Was it blu today than yesterday? I never left the house, afraid to entru her to anyone else. Five or six times a night I crept into h room to make sure she was breathing. I made a wreck of m self and almost made a wreck of Jim.

After she'd been home less than a month, Jennifer sudde ly began losing ground. Her color was bad. She wasn't e ing. Test results told us frightening news. Both of the ho in Jen's heart—the one she was born with and the one t doctors created—were closing. Once again, her body w getting very little oxygen. Surgery seemed the *(continue*

The Scott's Liquid Gold Look



Beautiful wood that keeps its fine complexion.

The look can come only from within. That's the Scott's Liquid Gold secret: Going beyond the usual, purely cosmetic treatment to penetrate deep beneath the surface of wood to restore, protect and beautify. Going beyond the usual to rejuvenate a fine complexion on wood with each application. The Scott's Liquid Gold look. Seeing it once on your fine wood will make you demand its excellence for years to come.

Scott's Liquid Gold, Inc., Denver, CO



A Few Simple Lessons about Avocados from Kraft.



Black skinned, or green? It doesn't matter. Inside they're always the very delicious same.



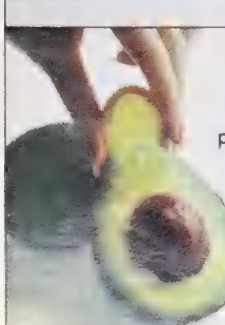
Avocados ripen faster in a tightly closed brown paper bag.



When an avocado yields to gentle pressure, it's ripe and ready to enjoy.



Uncut ripe avocados can be stored in the refrigerator for several days.



Once sliced, prevent darkening by brushing all cut surfaces with lemon or lime juice.

© 1979 Kraft Inc

Love Food From California.



"OUR JENNIFER LIVES"

continued

only chance now, and the odds were still 50-50.

"You should start another baby, Nancy," my obstetrician told me. He added that it is extremely rare for more than one child in a family to be born with a heart defect. Jim and I were reluctant at first. It seemed, somehow, as though we were being told to give up on Jen. But in the end, we decided to add to our family.

We knew that Jen's open heart surgery was supposed to take ten hours. When we saw the surgeon come out of the operating room hours ahead of time, Jim and I clung to each other with the same thought: The operation must have failed. Our baby was gone. The surgeon hurried to reassure us as much as he could. Because Jennifer was so tiny, he had decided at the last minute against trying to correct the vessel transposition and had done nothing more than enlarge the created hole in her heart. Our Jennifer was alive, he told us, but the next 48 hours would be critical.

We saw Jennifer the next day. We were allowed in, I knew, so we'd feel reassured. But the visit was a horrible experience. Lying there in the incubator, Jennifer was naked, breathing by means of a respirator. She seemed surrounded by machines, and stitched together by tubes and wires—a doll or dummy, not a baby. I'd like to wipe that picture out of my mind but I know I never will.

Jennifer won that first battle, and ten days later we were allowed to take her home again. There would be more battles, we knew by now, but we were thankful for every minute we had. Gradually, too, I felt more confident about my ability to take care of her.

When Jennifer's brother David was born the next spring, within days of Jennifer's first birthday, we had two causes for rejoicing. At almost seven pounds, David was a gorgeous, healthy little boy. And though Jen weighed only 15 pounds—much less than what most one year olds weigh—she was bright and merry, walking on schedule and beginning to talk. Jim called her his "sunshine girl." We felt more carefree than we had in a whole year, and more grateful than I can say to the doctors and nurses who'd made it possible.

We were not to have a second carefree year—Jennifer's doctors at Yale discovered an additional heart problem. As the hole she was born with closed, an aneurysm or bulge developed at the site, partly obstructing her pulmonary artery. We'd known since the first operation that another would be needed. But the presence of the aneurysm meant that the operation would have to be much more complex than originally thought. There was a surgeon at an upstate N York hospital, we were told, who experience with this type of surg which is very rare. It was decided we would take Jennifer to New York

I was absolutely crushed. We built up such close relationships w the hospital staff who cared for Jen t I couldn't bear the thought of start all over again with strangers. I knev was irrational of me, but I felt that were being rejected, that the doctors decided that Jen's case was hopeless

Nothing, of course, could have b further from the truth. Neverthel Jim and I had reached a new emotio low. Fortunately, we had a source help—a good one.

Guilt and isolation

It was our friend Dr. Berman w had earlier urged us to start a pare group. He must have sensed that like most parents of chronically ill c dren, needed a way to deal with feelings of guilt and isolation.

We followed Dr. Berman's advic one of the smartest things we've e done. I still remember the 15 coupl all parents of heart-damaged childr who came to that first meeting. I years many of them had felt that th problems were unique. As the even wore on, couple after couple poured their story. What a relief it was to be a room full of people who understo what everyone else was going throu We agreed on the spot to go on meeti every month and we decided to call o selves Parents of Cardiac Childr United—PCCU.

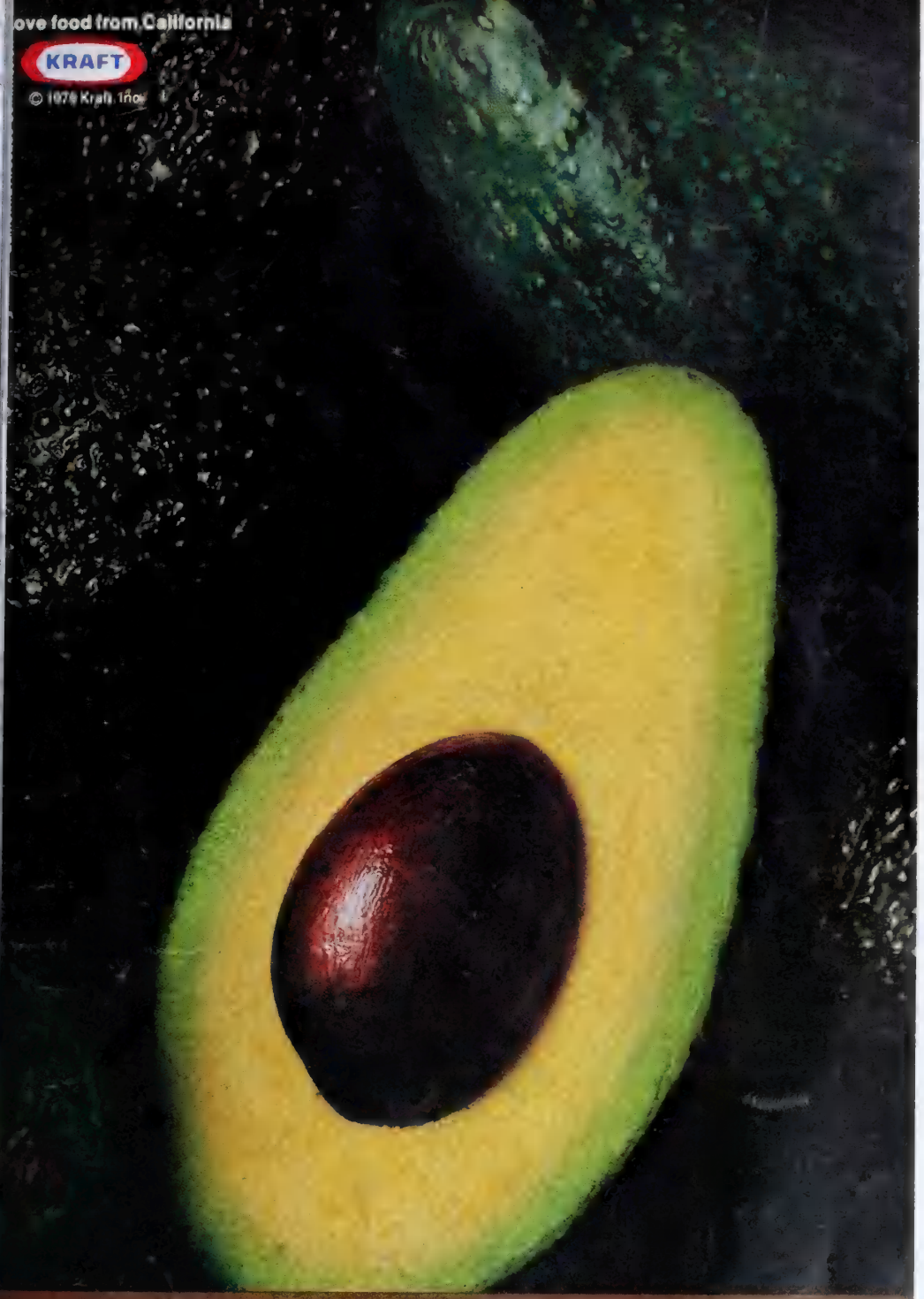
Jim and I flew to the New York St hospital with Jennifer just a few da after her second birthday. As soon as had settled her in the hospital for p liminary tests, we hurried to find a pho so we could call home, so many mi away. We wanted to be sure that Dav who was with my mother, was all rig One of the small, tangential sadnesse associate with that day was learni that, in our absence, David had ju taken his first steps.

Our new surgeon was very encoura ing, but in the endless days before t operation, Jim and I felt that we we living on the edge of a precipice. V knew how complex the procedure w and how many things could go wron The thought that Jennifer might lose h two-year fight for life was unbearab

The surgeon's plan was to insert baffle into the heart to reroute the tw kinds of blood. He said he would al try to remove the bulge or aneurysm, though it, by itself, was not life-threa ening yet.

Jennifer's second operation laste eight hours. When the surgeon final emerged, he told us that the operatio was successful, though he hadn't bee

(continued on page 9



THE AVOCADO

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CALIFORNIA AVOCADO REFRESHER

1 cup watermelon balls
1 cup cantaloupe balls
½ cup honeydew melon chunks
½ cup celery slices
Lettuce
2 California Avocados, peeled, halved
2 tablespoons crumbled blue cheese
8-oz. bottle KRAFT French Dressing

Combine melon and celery; mix lightly. Place avocado halves on individual lettuce-covered plates. Fill with fruit mixture. Top with blue cheese. Serve with dressing. 4 servings



KRAFT SALAD DAYS ARE HERE



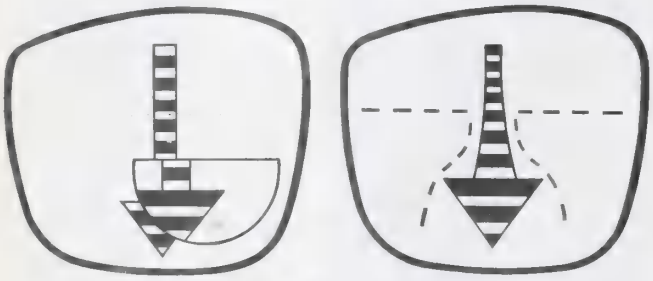
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97 out of 100 bifocal wearers adapt easily to ULTRAVUE Lenses.

Almost everyone who needs bifocals can enjoy the switch to ULTRAVUE Lenses. Those who have changed find the smooth transition between near and far a welcome improvement, and they adjust easily to the nonviewing area outside the progressive corridor.

The "progressive" lens and continuous focus makes it easier on your eyes.

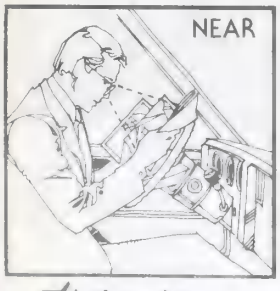
ULTRAVUE Lenses are not bifocals, not trifocals. They're a technological breakthrough called progressive lenses which are more comfortable to the eye.

Like bifocals, there is a correction for closeup and a correction for distance. But unlike bifocals, there is a connecting corridor of changing magnification that allows you to see clearly throughout the middle distances.

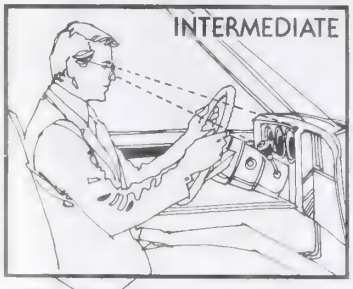
Ask your eye-care professional for ULTRAVUE Lenses.

American Optical has trained and certified more than 25,000 eye-care professionals to fit ULTRAVUE Lenses.

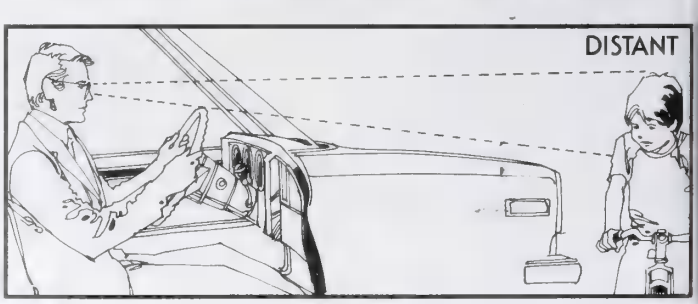
Since each ULTRAVUE Lens must be individually cast and fit precisely to produce the unique continuous focus corridor, they cost somewhat more than conventional bifocals. But isn't seeing better worth it?



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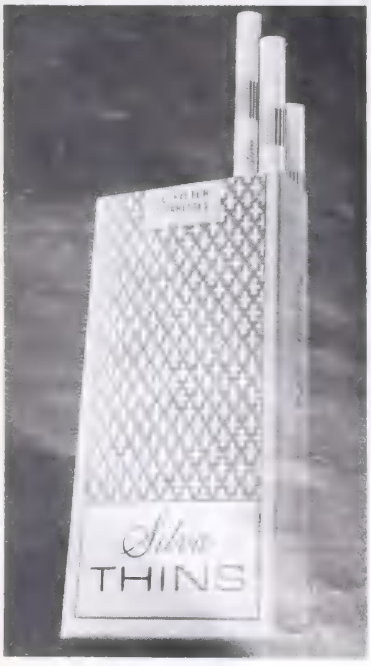
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"OUR JENNIFER LIVES"

continued from page 90

able to take out the aneurysm, after all We were relieved by this excess—bu that feeling vanished when, a few hour later, Jennifer began to hemorrhage an they had to take her back to surgery The bleeding was stopped, but Jennife couldn't breathe on her own. After sh had been on a respirator for five days the doctors decided to do a tracheotomy or incision, in the windpipe. A tube wa inserted, through which the fluid col lecting in her lungs could be removed Jennifer spent the next two weeks in in tensive care.

During that time, we were allowed t visit our daughter for only five minute at a time. Shuttling between the hospi tal and our hotel, Jim and I lived through the loneliest, saddest, most frightenin weeks we'd faced so far. In this strang city and unfamiliar hospital, there seemed to be no one who would tell u from hour to hour what was happenin in our baby's life-and-death struggle.

The day the tube was finally removed from Jen's windpipe we weren't allowed to see her for six long hours. And no one would tell us why. That was the firs time I ever lost control. I ranted and shouted and cried—and finally got an explanation. Jen had to be kept very quiet and the hospital people decided that our appearance would excite her.

Lack of communication

I learned many things that day, es pecially about the damage done by lack of communication between hospital staff members and distraught parents. PCCU works hard to overcome problems like the one Jim and I encountered.

Once we had Jen home, I felt very uneasy about the way she looked. He color was poor, she ate badly. It seemed to Jim and me that she wasn't doing a all well. Six months later, we found ou why. Tests at Yale-New Haven showed that the baffle that had been inserted into her heart was leaking. Althoug she wasn't in immediate danger, she needed still another operation. This would be her third. The emotional see saw we were on crashed down again.

Then, a little relief. The doctors de cided that they might be able to delay the surgery for a few years. Jim and were grateful. We weren't ready to face another ordeal.

With Jen's operation postponed, Jim and I decided to have our third child Jonathan was born, healthy and hearty the spring Jennifer turned four.

The summer she was five, Jennifer seemed well—enjoying nursery school not tiring too easily. Jim and I dared to treat ourselves to our first weekend away from home since her birth.

(continued on page 162

FINIS is the best thing you've had on your furniture since your fine crystal.



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Try it before you put another thing on your furniture.



Beauty Journal

Bouquet for May—budding tips on foot care plus the way to wear flowers in your hair.

FIT FEET

If you wear sports shoes (tennis, squash, running) more than twice a week, you should be aware of the beating your feet take—and how to take care of them. / *Above all, choose a well-fitting shoe.* Guide: shoe should be half-inch longer than tip of your toe. / *Good foot hygiene.* During your daily bath, work up suds around the foot and toes with a washcloth. Scrub-brush the heels. Use pumice if calloused, and dry with towel. Dust on foot powder for good measure. / *Calluses.* Layers of hard dry skin caused by friction and pressure. Some sportsters think that they prevent surface soreness on feet. Actually terry socks make for better and healthier cushioning of feet. If you have calluses, consult a podiatrist for removal. Pumice regularly. / *Tennis toenail.* Caused by the start-and-stop action of court sports. When your toenail is too long, it thrusts up against the shoe front and buckles under pressure. A hairline crack develops at the base—not serious, but often sensitive. Same with "runner's toe." Toenail turns black. Prevention: trim nails straight across and keep as short as comfortable. / *Pedicure.* A must for sound feet. To do at home: Soak feet in warm water-baby oil for 20 minutes. Leave one foot bathing while you work on the other. Push cuticles back with orange stick wrapped in cotton; use pumice stone. Switch feet. Rinse both and towel dry. Wait 10 minutes for nails to dry and harden; file straight across; polish. If feet are tired and aching, press thumbs all around, up to ankle; stretch-and-bend ball and heel. Or, for the ultimate bliss, go for a professional pedicure. Check first that your local place does callus removal, etc. (some merely polish your toenails). For an extra treat, some pedicurists extend the foot massage up to your knees.

FANTASY FLOWERS



Q. *How can I dress up my hair at night? It's long enough to do things with—but whenever I've attempted anything, it comes out looking tailored.—J.M., Concord, Mass.*

A. If you want to do something special for the evening, try this fantasy flower look (sketched left). Pin up the back first, in sections; then, the sides. Cover the juncture with a spray of flowers. Fresh ones, if some are handy, or silken blooms. Instead of sleeking everything tight, let tendrils fall where they may. Fast, pretty and romantic.

SELF IMPROVERS

Don't forget your own spring cleaning. Polish yourself up to be in beautiful shape—ready to break into summer. • Whirling and Curling. New heating wand with cool plastic bristles puts big fat curls (plus full body) in your hair. Gillette Body & Curl Curling Wand, $17.99. • Quick, look at your nails. If less than perfect, help can come in six new ways. From a flexible conditioner to a tough porcelain glaze. All, from Jovan. • Something's so soothing about the sea. Maybe it's the crisp-air smell. Captured, a sea-blue bubble bath (sink into its swirling waves). Blue Tranquility, from Avon, $5. • Health cure for your hair. Shampoo that rinses away excess oil, repairs split ends—and shines its general state of being. Ogilvie for Oily Hair, 8 oz., $3.50. • Outrageous. For wild and crazy nights, a pot of sparkle to streak your face, your body. Glitter in a gel; Body Jewels by Stagelight, 14.7 mg., $6.50. • Oil and water—do mix. Did you know that sesame seed oil is very similar to your skin's natural oil? And it's best to slather oil on while your skin is damp. End result: softness, suppleness. Neutrogena Sesame Seed Body Oil, 8 oz., $6.50.

BETTER BOOKLETS

For your benefit—two booklets (both free) about family health and welfare. Yours for the asking. • Who can ever remember when Johnny last had a tetanus booster? Or whether Lisa's allergic to bee stings? Or what was Granddad's particular ailment (could be hereditary)? It's important to keep medical records—up-to-date and handy. Store in a metal box in a closet, under the bed or as one friend glibly suggested, "I keep anything of value in my refrigerator." "How to Keep Your Family's Health Record" (581G). • With hospital costs at about $183 a day, your insurance coverage had better be hefty. This booklet offers hints on how to check for loopholes in your plan, a rundown on various policies, including Medicare . . . and a glossary of insurance terms. "How to Shop for Health Insurance" (582G). Both, free. Write to: Consumer Information Center, Pueblo, Colorado 81009.

EXERCISE OF THE MONTH

Q. *At first glance, I'm what you'd call "thin"—until you see my thighs. They bulge out on the sides (right below the hips). With bathing suit weather almost here—help!—L.C., New London, Minn.*



A. Try our *leg lift* exercise. Lie on your side, keeping your balance by leaning on one elbow, placing one hand in front of you. Start by flexing your top foot (it's the key to toning outer thigh muscles). With foot flexed, lift leg slowly, keeping leg parallel to the other one. The *control* you have is more important than "how high" you go. You should feel the pull/stretch all the way up your leg. Repeat 10 times, each leg; work up to 20. A good overall firmer.



Border by Julia Noonan. Drawings by Thea Kliros

Pond's helps make your world more beautiful, too.







Around the world there are two famous beauty creams that help beautiful women stay beautiful. And they can help you stay beautiful, too. Pond's Cold Cream and Pond's Dry Skin Cream. And now Pond's has two light, beauty lotions. Pond's Light Moisturizer to help women moisturize for a softer, younger look. And Pond's Light Cold Cream to help women cleanse in a lighter, gentle way. Pond's. The beauty creams and lotions that help make your world more beautiful.



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Geraldine Carro

Mothering

"PARENT SENSE"

Advice from the Real Experts

Do parents know more than they think they do? Yes! They're pretty savvy about children, says one child psychologist.

As a psychologist, Charles Schaefer is usually the one who gives, not receives, child-rearing advice. So when he decided recently to turn the tables and ask parents what *they* thought were the best ways to bring up kids, he met with some surprised reactions.

Many parents were taken aback to find a recognized child-rearing authority interested in their opinions. (Schaefer last year published a book called *How To Influence Children.**) A few flatly refused to answer his questionnaire. "Why should you ask me?" one father responded. "You're the expert!"

The reluctance he encountered, Schaefer thinks, reflects how little mothers and fathers today recognize their own expertise as parents. "We defer to the published, professional experts," he says, and overlook the wealth of wisdom acquired by parents themselves.

Eventually Schaefer convinced 50 parents, a majority of those he approached, to complete his questionnaire. (The participants, by the way, were neighbors whom he thought had done a good job raising their kids.) Their suggestions on child-rearing turned out to be neither dramatic nor shocking. No one had devised a magic formula for painless parenting or even a guaranteed way to get every kid to clean his own room. But taken together, their ideas comprise some of the basic commonsense notions about raising children that parents of the 70s subscribe to. Schaefer calls these notions "parent sense." Here are the salient points.

1. Give them lots of love. Parents stressed this above all. Love your children and let them know you do, they said. As one mother explained, "Supply them most of all with a feeling of unconditional love, warmth and security." She added that, even during those moments when your children behave badly, and you don't really like them, they should know that you still love them.

2. Be firm. "When children are told to do something," one father advised, "see that it is done." For him, as for most of the parents, discipline was an issue of paramount importance. As a whole, the parents seemed to stand a middle ground between strict authoritarianism and permissiveness. They believed in reasoning with children and in explaining why a given behavior was expected of them. But when words failed to make a sufficient impression, they thought a good, old-fashioned spanking was sometimes in order.

3. Spend time with your kids. This sentiment was expressed over and over again. Those surveyed urged parents to spend time playing with their children, teaching them and listening to them. They recommended organizing family dinners and other regular activities that involved parents and children together. Many cautioned against too much television-watching, which they felt intruded on family life. "Instead, play family games—that include father—or play musical instruments together," one mother said. "You can't fool kids by giving them things like toys and TV rather than your time and attention."

4. Maintain a happy marriage. As it happened, most of the parents Schaefer approached were married, and they believed it was important for children to sense caring and affection between their mother and father. "The morning greeting and good-night kiss that parents exchange set an atmosphere that encourages the same kind of affection in the hearts and minds of children," said one mother. Said another, "A happy mother and father are most apt to have happy children."

5. Help them become good people. Parents should teach their children moral values and good manners, answers to the questionnaire stressed. Parents should expect their daughters and sons to show kindness and respect to others, too. Those surveyed also felt that parents should be firm without being overly rigid. "When children stray," one parent explained, "parents should counsel their children in a manner that encourages the youngsters to listen. The children *must* know exactly where you stand."

6. Listen to your children. Don't be so vocal in imposing your own beliefs that you drown out what your children are telling you, many parents advised. In the words of one, "Listening means understanding and communicating, not just the physical act of hearing."

7. Be available for guidance. "Keep the doors of communication open, so children will feel free to discuss their problems and listen to your advice," said one father. The way to get kids to pay attention to you, said a number of parents, is to refrain from forcing your personal feelings on them. Other parents stressed the value of being as genuine and sincere as possible. "Kids will usually respect your opinion if you're honest."

8. Help them to be independent. Encourage your kids to be independent, the parents said, although they recognized this is sometimes difficult for mothers and fathers to do. "Once your children are old enough," urged one woman, "try to phase yourself out of the picture. But always be near," she added, "when they need you."

9. Be realistic. Don't entertain impossible expectations for yourself as a parent, was a warning that came from many. They pointed out that it's impossible to be perfect. Child-rearing has never been an easy job. It has its sorrows and heartaches, but it also has its great joys—and this is what makes it all worthwhile.

Questions spanking

How does Schaefer, both a parent and professional advice-giver, assess the opinions other parents offered? On the whole, he agrees with them. Perhaps the only area he questions is the issue of spanking. "I understand the occasional urge to wallop a kid, but I think there are more constructive approaches to discipline."

Ideally, he says, we should listen to both the parents and the professionals, who, too, have developed sound techniques for dealing with children. It's important to get a balanced view. "But it just doesn't make sense to ignore what other parents have learned through long experience. It's a little like trying to reinvent the wheel." **End**

*Published by Van Nostrand Reinhold Co., N.Y., 1978. $9.95.

MAILBOX

Have you ideas to share with us? Write Mothering, LHJ, 641 Lexington Ave., N.Y., N.Y. 10022.



A confident first step into the world of art was taken today at 37 Cobble Lane.



Give them a fresh box and see how they grow.

The National Teacher of the Year program, sponsored by Ladies' Home Journal, Encyclopaedia Britannica *and the Council of Chief State School Officers, spotlights America's best teachers. The 1979 winner, profiled here, and three runners-up have been selected from among 50 finalists by a panel of judges representing a dozen educational organizations. The teachers chosen symbolize the thousands of "bests" in classrooms across the country. By Mary Susan Miller*



AMERICA'S TEACHER OF THE YEAR

Marilyn Williams (Willy) Black, art teacher at Bernice A. Ray Elementary School in Hanover, New Hampshire, is the 1979 National Teacher of the Year. What makes her a special teacher?

"Willy," says a long-time friend, "was brought up to believe that if you do a job, you do it all the way."

Take, for example, the school's Bicentennial project—building an authentic colonial cabin. Willy took charge of the fund-raising efforts, pounded in pegs and secured the final beam. Her students know about start-to-finish involvement, too. During their course in early American crafts, they learned how to card, spin and weave, and how to make quilts and clothing. First, however, they needed wool. The fourth grade built a pen, and the wool supply—two sheep—moved in. (The class will take up sex education when a baby lamb is born this spring.)

Willy says that involvement, getting things done, builds a child's sense of self-confidence and self-reliance. In her art room, no one says, "I can't." Not her third-graders who are recreating a full-scale model of a 200-year-old sailboat. Not the students who constructed classroom furniture; nor the ones who grew a crop of maize and herbs. Not even her 40 kindergarteners who learned how to handle themselves by spending a night with Willy at the school. "A night without mother," says their teacher, "was a big lesson in self-reliance."

The 1979 National Teacher of the Year knows how to overcome obstacles, because she has had to overcome obstacles in her own life. A serious accident left her in a wheelchair for three years; she was in and out of operating rooms for 19 years. Yet with both kneecaps removed, she continued to teach school. And today Willy takes long, sure strides as she goes about doing the work she loves.

Willy Black cares deeply about people, and she gets the job done: When a school trip was canceled because there was no money to pay bus drivers, Willy came up with a solution. She obtained a bus operator's license and helped the rest of the faculty do the same. The trip, with teach-in drivers, was on!

Willy Black's students understand the pride that comes with accomplishment. They see themselves as individuals. They know how to handle decisions and how to work on their own. And, like their teacher, they look at education as a continuing adventure.

THE RUNNERS-UP

Kate Dennis
Howell Elementary School
Howell, Utah

Hank Nadeau
Felicita Elementary School
Escondido, California

Ernestine Madison
Vicksburg High School
Vicksburg, Mississippi

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BREAKING THE GUILT HABIT

A JOYFUL MOTHER'S GUIDE

By the time my children were five and six years old, I had a long list of things I didn't do for them even though I felt I should. I didn't play games with them often enough, didn't help them start a vegetable garden, didn't get involved in co-op nursery school (because I just knew that I couldn't take it), didn't read stories to them every day, didn't teach them to read when they were three (I'm sure everyone else did—it seemed to be the thing to do). What's more, I didn't join them when they finger-painted, didn't take them to the zoo very often, didn't take them camping at all. And, I never baked cookies to put in their lunch boxes.

This, of course, is only a partial list of the ways I've failed my children. Even so, when I matched my failures against my successes (I took good care of my children, I cuddled them and genuinely loved them) the failures seemed to be winning. And worse, I didn't always like being a mother.

Mothers are supposed to be all things to their families: splendid housekeepers, great cooks, laundresses, nutritionists, wise amateur psychologists, patient teachers, providers of enriching experiences and expert disciplinarians. And they're expected to be on call 24 hours a day, seven days a week, with no time off for good behavior. Not only is it expected that all mothers can bring this off with ease, but they're supposed to love every minute of it.

To fit the cultural mold, you'd have to be superhuman. Even though most of us know this on some level, we're still bound to feel inadequate and guilty. And guilt erodes our self-esteem. I have come to believe that the greatest asset a mother can possess is high self-esteem.

We mothers *can* stop feeling guilty and start feeling better about ourselves. For me, the process began one day in a rare moment of self-love. I realized that even though I hadn't done what was *(continued on page 170)*

You love your kids, you do your best, and still you worry that you're not a good mother. Relax! You don't have to learn how to love your kids better—just how to love yourself more. By Shirley Radl

Copyright © 1979 by Shirley Radl. From the book HOW TO BE A MOTHER—AND A PERSON, TOO, by Shirley Radl, to be published by Rawson Wade Publishers, Inc. Photograph by Four by Five.

THE TURBULENCE FACTOR

She was caught in the crosscurrents of job vs. family. Could Marjorie resolve the problem and be fair to everyone concerned? A short story by Madeleine Costigan.

"You really like driving this Jeep, don't you, Mom?"

"Yep." I said "yep" only when I was driving the Jeep, one of the fringe benefits of my job at the marine lab. It was Thursday morning, and Chris had come with me to help gather plankton samples in glass-bottom buckets, and incidentally hitch a ride to school. Theoretically, I didn't work on Thursdays, which is why I promised my daughter Sally I would be on the Career Day panel at the high school this afternoon. But this morning a storm was coming up the coast, and a week's work would be destroyed if I didn't get the plankton samples collected and delivered to the lab before the rain came. Four days a week and threatening Thursdays, I was an assistant field coordinator for the Bannock's Inlet Marine Lab.

"Assistant field coordinator" was the rather glorious title for the not-so-glorious job of lab technician and Jeep driver—a job I happened to love.

I loved it, but could I survive it? And could my family survive it? Since I'd started working three months ago, we lived at a frantic pace.

Even Matthew, who had always been so supportive, who had willingly taken care of the children while I studied about phytoplankton and the abyssal region of the ocean, even Matthew looked vaguely annoyed when the alarm went off an hour early this morning, and I slid away from the warmth of his arms with a casual, "Looks like rain. I have to get to work."

He opened one eye, managed half a grin and mumbled, "Fair-weather wife," then turned over and settled for the warmth of the blankets—not as reluctantly as I might have hoped.

Before the *(continued on page 140)*

Illustration by Chuck Wilkinson



The Art of Summer Dressing

Brilliant colors inspired by the palettes of Matisse, Van Gogh and Gauguin. Unafraid colors—to wear simply in one bold stroke (spiked with bright accessories) or combined for even deeper intensity. It's a sensuous, easy way to dress now and right through summer.
By Trudy Owett, Fashion Editor.



Matisse coloring—bold and brave. *Near right:* The punch of peacock blue with cardinal red. Bare, wrapped blouse and softly pleated harem pants. Both, Scott Barrie Blouserie. Zingy yellow button earrings, Eva Graham; wooden rainbow cuff, Bonwillum; strappy sandals, Golo. *Far right:* Hot-color excitement for night—melon-colored reversible cardigan jacket over low-V'd hot pink overblouse and emerald green slit skirt. All, Oscar de la Renta. Loops of bright bangles by Red Cobra.



Photographs by Klaus Lucka, hair by Jacques Corsia, makeup by Rex.
More fashion information on page 181

Van Gogh's mood of potent and pure color. *This page:* The new way to wear a jacket—nonchalantly slipped over a camisole. Here, surefire orange blazer with shoulder padding, a dazzle-striped camisole top and pow-purple tapered pants. All, Liz Claiborne. More attention-getters: primary colored wooden bead necklace by Tess Designs. Wristful of painted disc bangles by Bonwillum. Lots of red straps, shoes by Life Stride.



Gauguin's vivid colors, exotic as tropical flowers. *Opposite, near right:* An appealing, low-necked overblouse (perked with magenta piping) and gathered skirt, both the color of a lush mango. By Clovis Ruffin for Clovis. Shown here with silky crocheted sash in brilliant magenta by Echo, wrapped with bright wooden beads by Tess Designs. Bangles by Red Cobra; slip-on purple sandals by Delman. *Far right:* Perfect for paradise—a pared-down slipdress in a clear purple. By Diane von Furstenberg. Added: burnt orange scarf by Echo, tied with green multi-yarn wrap by Eva Graham. Hair ornament by Catherine Stein. Amusing fruit bracelet by Red Cobra. Sexy sandals by Golo.

More fashion information on page 181





JOAN

Her search for herself

Her marriage, she says, is "in limbo." She does not know if her husband loves her. Could she be the pivotal factor in Ted Kennedy's decision to run for the presidency? By Lester David

The city is Boston. A green ar gray-striped canopy extends from th old, ten-story, brick-and-stone buil ing. On either side of the entranc two small patches of grass are fence in by iron railings. There is no doo man, just iron doors opening onto small foyer. A visitor must press bell to be admitted. The name "Ke nedy," in small, white letters on black background, is the eleventh on down on the list of residents.

High above a street heavy with traffic, Joa Kennedy has fashioned a bright and comfor able apartment, spacious but not particular luxurious. For the past 15 months she ha lived here alone, in the city where her in-laws the Kennedys, were mostly born and raised. is an hour's plane ride away from McLear Virginia. There, her husband, Edward M. Ker nedy, the senior senator from Massachusetts lives with their children.

Joan moved to Boston to escape the polit cal pressures of the capital and do battle wit her alcoholism. The move north quickl prompted reassurances from the Kennedy that their marriage had not soured. More tha a year later, Senator Kennedy's staff is sti eager to give the impression that all is indee well between them. "The marriage is stron and firm," says Tom Southwick, Ted's pres aide. "There has been no [legal] separatio and none is contemplated."

But Joan sees it differently. She does nc agree with the glib assessments that all is wel

KENNEDY

Speaking slowly in her low, cultured voice, she admits that the 20-year union, marked by repeated tragedies, countless rumors of Ted's romances with other women and her own serious drinking problem, is now in a state "of limbo," its future course uncertain.

Even her husband's love at the moment is in doubt. When asked if he still loves her she replies: "I don't know. I really don't know." Questioned about her own feelings for him, she is silent. Later, her closest friends say that Joan still loves her charismatic husband.

She sees Ted at least once or twice a month, and they often talk on the telephone. They spent last Christmas and New Year's at Aspen on a skiing vacation with a dozen other Kennedys. And she expects to stay most of the summer at their home on Squaw Island in Hyannis Port, Massachusetts, just as she did last July and August.

But she won't say with complete assurance whether the marriage will endure. "I don't know," she replies. "I know that sounds like a cop-out, but I just don't know."

After a pause, however, she expresses hope. "I don't think it will end," she says. "There is no reason for it to end right now. But we don't talk about it."

For the moment, (continued on page 185)



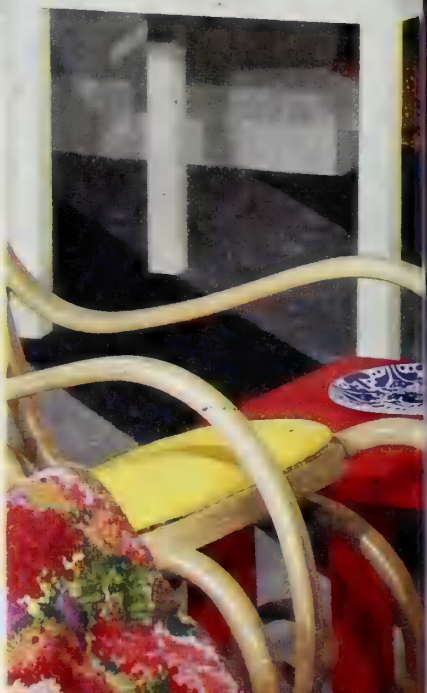
Attic Magic: from Bleak to Bright

Short on space, and you don't want to build? *Look up to your attic.* Case in point: Here you can see how to turn a dark, unused area into the brightest, most-lived-in room in the house. A finishing of white plywood paneling, streaked with skylights, opens things up. Bold primary colors make the place come alive. Colorful foam pads are stacked for relaxing or exercising. Odds and ends get neatly tucked away in cubbyhole shelves or cabinets. Everything's easy-care—countertops and a sturdy rug—giving you a perfect hideaway for hobbying (sewing, weaving, painting) or entertaining a crowd.

By Nathan Mandelbaum, Director of Interior Design.







Above: Neglected space—the basic beams and timbers of a never-finished attic (works equally well for barns, garages, too). Outstanding potential hidden here: ready access, enough height for standing, enough room for easy, casual living.



Hans Van Ries photograph,
an Edmund Motyka design. "Antron" III nylon carpet;
Chatham fabric; Champion Weldwood paneling.
Shopping information, page 181



Home Perms: Get the Curl You Want

Casual bounce or billows-of-curls—whatever look you want, today's gentle, easy and safe home permanents can make it happen. Gone forever are the perms that left you dissolved in tears—with more frizzle-frazzle than the promised "body." Really, these new permanents are different. You have ultimate control. And they look good right from the start. In fact, three of our staff members (doubters all) tried them out at home for extra volume, no curls—and came back smiling. Yes, it's possible to put in as little as just a curve to the ends or as much as whirly ringlets. First off, start with a terrific cut. Then, analyze your hair type: Kits come geared for anything from baby-fine to tinted to gray. Perms can be expected to last up to 3-4 months and are not damaging. Here we show six great ways to look—each with diagrams on how to set, plus a do-it-yourself tip. It's so easy. Having curls that last will make your life freer—more beautiful. By Maureen Lynch, Health and Beauty Editor.

Classic Pageboy—Only Prettier, Springier

Big-volume waves that curl under, and hold—opposite page, far left. To get the flowing line, a loose set. From the center crown, four large rollers on each side, three in back, curling down about 2½ inches from scalp. All remaining hair on smaller rods, heading down, tight to scalp.



TIP: How to choose a perm. First, see if your hair takes a curl easily: Wind one section of damp hair on a roller, let dry, then check. Select according to needs: Hard or easy to curl; fine to coarse; color-treated. There are four major companies with kits containing lotion, neutralizer, papers. Optionals: curlers, conditioners. From $2.50 up.

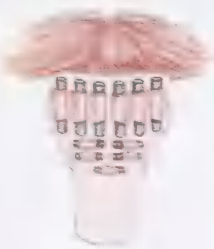


Straight Bangs—Sassy Back Flip

An example of how fine hair can shape up (opposite, near left) and take a curl beautifully. Bangs and crown were left free. Then for a full-bodied fling, sides were rolled back vertically all around, one inch from scalp in front, tight in back. The nape, rolled up.



TIP: Read all package directions before starting. Begin with damp, squeaky-clean hair. After winding, slip a band of cotton across hairline to keep curlers from touching skin. When it says "saturate"—don't skimp. When all finished, give the perm time to really set. Go for a few days without shampooing. Not hard—permed hair gets less greasy.



Photographs by Klaus Lucka. Hair concepts by Jacques Sellier of Celane, Celane, New York. Makeup by Susan Duffy. Illustrations by Thea Kliros. Blouse, far left, The Silk Farm; left, Regina Porter for Porter House.



Tousled Tumble of Soft Curls

A happy-go-lucky solution for very fine, very limp hair, above. Her shorter, slightly layered locks were conditioned first; rolled (not too tightly) on medium curlers about ½ inch from scalp. Front section heads forward, left; back 3 sections head downward, right. Fine hair "takes" quickly—check often.

TIP: The larger the rod (and the more hair you wind up), the looser the curl. And vice-versa. Rollers come in three sizes (all plastic). Fattest for a gentle body wave; narrowest, a curly curl. A mix of large for the sides, little for the nape of neck, is common for a naturally curly look. End papers serve a big purpose. They're what keep the perm from friz-z-zing.



More Fullness All Around

Smooth and polished, plumping more volume into delicate hair, above. A semi-soft body wave, rolled very loosely. Notice how much space between each curler. Each one has more hair wound around it. In front, 4 get set in one direction, 3 in the other, left. Top back, rolled up; the rest head down, right.

TIP: How to roll. Best, hold hair out straight at a 90° angle. Try to distribute evenly on roller—flat and smooth. Long hair might need two kits worth of rollers. Very long hair should be rolled "piggy-back." You place one curler half way up a strand of hair, roll to scalp. Take second curler and the dangling rest until rollers are back-to-back.

Wonderful Halo with Body and Bounce

Starting with hard-to-manage straggles—ending with a full and easy cloud, above. Hair was rolled on medium rods, alternating between ½ to 1½ inches from scalp, left. Back center was rolled down, sides rolled on a diagonal towards the nape, right. Dry ends trimmed after perm.



TIP: Small cautions. Perms are no longer messy or smell badly (in the 1800's, hair was wound on chicken bones!). Do **not** *perm if scalp is scratched or sore, hair has been double-processed lightened, or hair is in bad condition. Wait. Henna coats the hair for 2-3 months. If that's your case, test to see if curl will take. If hands are sensitive, wear rubber gloves.*





Curly Locks—Without Any Frizzies

Short, thick, wiry hair needed a lively line, above. Result: soft ringlets that are easy to shake and wear. Tight perm, using more and smaller rods. Less hair on each, close to scalp. Front divides with 8 one way, 5 the other, left. Back, all roll down, right. Coarse hair may take an extra few minutes.

TIP: If, by chance, the curl's too tight, don't panic. It can be relaxed easily by shampooing right away. Or really loosened with a hot oil treatment. Don't be afraid of going over the time limit. If anything, too many women rinse before the required time. If you're not very dexterous, buddy up with a friend for a fun perm-evening.

Meat Loaf
New Accents for an American Favorite





We've taken an all-time American favorite and added some foreign intrigue. Imaginative, impressive (everyone from family to dinner-sharing friends will rave) and uncommonly delicious. Clockwise from top: ■ Meat Loaf en Croute. Elegant turnout of beef in pastry (easy with mix). Go-with: mushroom gravy. ■ Tivoli Meat Loaf. Trio of beef/veal/pork, ringed around peas, new potatoes. Tart cranberries ■ Delhi Meat Loaf. Spicy Indian curry loaves, cool yogurt sauce. More to try: ■ All-American Meat Loaf. We couldn't forget this old standby (oats, ketchup)—but with new nip of horseradish. ■ Meat Loaf Olé. Tasty (and torrid) Mexicana. ■ Meat Loaf Italiano. Lotsa spaghetti sauce, provolone. ■ Sauerbraten Meat Loaf. Snappy Bavarian-style. All recipes, page 128.

Photograph by Jerry Friedman



How America Entertains

Down Mexico way, food isn't all firecracker hot. The feast here goes from gentle seviche (scallops "cooked" in lime juice) to peppery roast pork to delicate flan. You may have to find a few ingredients, such as **jicama** (a crisp root) in specialty stores, but most are ready staples. If you have a team effort, follow our plan for the whole lavish spread. Or you can select a few dishes to try on a simpler scale. Shopping list, timetable and recipes, page 132.

MEXICAN GOURMET DINNER

(Serves 8)
Refried Bean Dip with Homemade Tortilla Chips
Margaritas Beer
Enchiladas Verde Seviche
Pork Loin Acapulco
Sunset Rice Refried Beans
Veracruz Salad
Soft Tortillas Salsa
Rum Flan

Photograph by Nick Samaridge

Mexican Fiesta

Call together your gourmet club (or any *amigos* who relish good food) and explore the rich cuisine of Mexico. Think beyond the familiar taco—and let every couple share in the cooking and fun. This masterpiece meal offers a subtle variety of textures and tastes to please (and tease) all the senses. By Sue B. Huffman, Food and Equipment Editor.

Photograph by Nick Sarra/Dpr



LHJ'S MONTH OF MENU

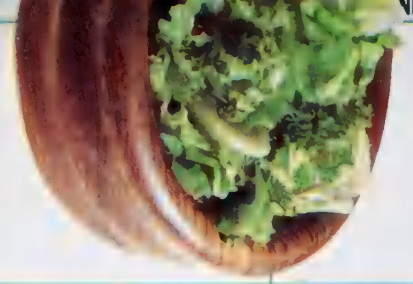
TERRIFIC DINNERS FOR WORKING MOTHERS

To help the many Journal readers who are working mothers, we asked a resident expert, Associate Food Editor Jan Hazard, for advice on how she balances her career and a growing family. Key to her success: meal-planning. To help other mothers (and, in fact, all busy women), Jan's mapped out a month's worth of quick-to-the-table dinners, opposite. Plus, she shares some shortcut tips (turn the page) on coping with her hectic lifestyle. Right: Jan tosses a family favorite —Spaghetti Carbonara, creamy rich with mushrooms, bacon, cheese.



The Hazard Family: Jan and
band, John, with Jack (alm
and Katherine (just one ye

Photographs by Paccione

NDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	**1** Broiled Salisbury Steak Cauliflower au Gratin Lettuce Wedges with French Dressing Frozen Fruit Yogurt/Orange Segments	**2** *Spaghetti Carbonara Green Salad with Cucumber, Vinaigrette Dressing Breadsticks Strawberries, Sour Cream, Brown Sugar	**3** *Turkey Roll-ups Boston Lettuce-Bean Sprout Salad, Creamy Herb Dressing Buttered Asparagus Lemon Ice, Cookies	**4** Tomato Juice Stir-Fried Beef with Green Peppers and Broccoli Steamed Rice Melon Balls with Frozen Raspberries	**5** Grilled Knockwurst Potato Pancakes Green Salad, Russian Dressing Pickles/Carrot Sticks Pineapple with Vanilla Yogurt, Coconut
6 Broiled Shoulder Lamb Chops, Chutney or Mint Jelly Baked Potatoes with *Dilly Creamed Peas Green Salad, Italian Dressing Sliced Pound Cake with Quick-Thaw Fruit	**7** Fried Chicken Baked Beans Green Salad with Herb Dressing Lemon Pudding Sprinkled with Wheat Germ	**8** Pineapple Juice Spanish Rice with Ham, Green Pepper, Onions Lettuce Leaves, Pickled Beets *Chocolate Sauce over Ice Cream	**9** *Hazard's Hefty Casserole Celery/Carrot Sticks/Radishes Hard Rolls Stewed Rhubarb over Ice Cream	**10** Broiled Fish Fillets Spinach au Gratin Baked Potatoes Fresh Fruit Salad	**11** Western Omelette Garlic Herb Bread Romaine Salad with Red Onions, Tomatoes Gingerbread with Hot Applesauce	**12** *Beef Stew Escarole Salad with Cucumbers, French Dressing Poppy Seed Rolls Chilled Pears
13 *Coq au Riesling Artichokes with Lemon Butter Noodles Watercress-Boston Lettuce-Mushroom Salad *Snow Pudding	**14** Stuffed Pepper with Rice, *Spaghetti Sauce *24-Karat Salad Cheese Biscuits Ice Cream Sandwiches	**15** *Polynesian Chicken Livers Steamed Rice Chilled Green Beans, Vinaigrette Dressing Cantaloupe Wedges with Lime Wedges	**16** Baked Pork Chops Baked Potatoes Applesauce Broccoli Spears Raspberry Sherbet	**17** Noodle-Tuna Bake Green Salad and Tomatoes with Italian Dressing *Crunchy Veggie Toss Pineapple and Banana Slices	**18** *Cheese Omelette Jardinière Whole Wheat Toast Spinach Salad Rhubarb Crisp	**19** Broiled Hamburgers Toasted Sesame Buns Broiled Tomato Halves Frozen French Fries *Health Cookies, Fruit Yogurt
20 *Hint of Mint Pea Soup Broiled Ham Steak with Orange-Honey Glaze Boiled New Potatoes with Parsley Butter *Magic Chocolate Soufflé Pie	**21** Antipasto Salad Fettucini Alfredo Tossed Greens and Tomato Salad, Vinaigrette Dressing Lime Sherbet	**22** Beef Stew (from frozen leftover) Pickles, Olives, Radishes, Celery Sticks Crusty Club Rolls Broiled Grapefruit Halves	**23** Baked Drumsticks Buttered Asparagus Mashed Potatoes Chilled Rhubarb and Orange Compote	**24** Creamed Tuna on Frozen Waffles Zucchini and Mushrooms Sauteed Cherry Tomatoes Chocolate Pudding	**25** *Stir-Fried Pork Noodles Tossed with Butter, Green Onions Carrot Sticks, Radishes Sliced Strawberries and Oranges	**26** Meat Loaf Fresh Peas Scalloped Potatoes Fruit Yogurt with Pineapple
27 Baked Fish Fillets with Rice, Lemon Three Bean Salad Cloverleaf Rolls Orange Chiffon Cake	**28** Barbecued Chicken Potato Salad Tossed Green Salad, Creamy Dressing Split Biscuits Watermelon	**29** Linguini with White Clam Sauce Italian Bread Romaine Lettuce-Ripe Olives-Red Onions, Vinaigrette Dressing Grapefruit Segments, Health Cookies	**30** Broiled Beef Kabobs, Mushrooms, Cherry Tomatoes Risotto Lettuce Wedges, French Dressing Vanilla Pudding with Maple Syrup	**31** Italian Sausage, Green Pepper, Onions with Bottled Spaghetti Sauce Crusty Garlic Bread Tossed Salad, Creamy Italian Dressing Spumoni Ice Cream		

HOW ONE WORKING MOTHER COPES . . .

Jan Hazard's weekday schedule begins with husband, John, getting breakfast ready at 7:30. "He's the early riser—so it's his job to heat up the baby's bottle and put out the juice and cereal."

Jan's lucky enough to have a full-time babysitter ("a luxury but ideal") who takes charge from 8:30 to 5:30. Then it's off to the *Journal* for Jan. She's worked nonstop during eight years of marriage, except for two seven-week maternity leaves. "I like getting out, keeping up with my profession. It's a form of independence."

Does Jan ever ponder whether or not she's neglecting her children? "No. *Quality* of time spent, not *quantity*, counts. When I'm home, I'm one hundred percent mother."

Here are 14 of Jan's survival tactics to make life easier, more efficient:

1. Number one on my list: Plan ahead. Life will be utter chaos if you don't think about feeding your family until the last minute. I chart one to two weeks of menus at a time; check them for a healthy balance—flavor, texture, color—as well as nutrition.

2. My family has its likes and dislikes at the dinner table — every family does. When I plan meals, convenience has to be considered. Although I can't ignore cost, it's not uppermost. For instance, even if liver is on sale, if I can't get my family to eat it, it's no bargain.

3. Notice that I lean rather heavily on chicken and fish—for diet as well as economy. Lighter dinners, omelettes and such, get paired with substantial breads and desserts.

4. Desserts, generally, are kept on the simple side. During spring and summer, lots of fresh fruits. The rest of the year, seasonal apples, oranges, etc. There's always canned fruits on my shelves, for any emergency fill-ins.

5. A big time saver: I only grocery shop once a week for staples, but keep an eye on the newspapers for specials. If hamburger goes on sale, I'll stock up. Sometimes on the way home from work, I'll stop at the greengrocer for last-minute salad stuff.

6. It's faster for me to frequent one supermarket where I'm familiar with the shelf arrangements—rather than to comparison shop. If I go early (before work), I'll have the groceries delivered to save time. If I shop late in the evening, I'll wait until the children are in bed. Then it's possible to whiz along—and cut out impulse buying.

7. I do most of my cooking on weekends, doubling or tripling a recipe and freezing the rest. It's an especially good idea with chicken. I wrap each cooked piece separately—to use on those nights when Jack can't wait for a company dinner.

8. We do a lot of entertaining because of John's business (he's an international banker). Some of my planned meals, such as the Coq au Riesling or the Soufflé Pie, are fancy enough for company.

9. Kids can help out more than you think. For instance, whenever I bake bread, I give Jack a small piece of dough to knead. Things take longer, but we're doing it together.

10. I've really come to rely on my freezer. In fact, I can't imagine being able to go to work without one. It's a storehouse of leftovers and extra supplies. I even keep loaves of bread (from sales) and a quart of milk (yes!) in there to avoid those not-so-quick trips to the store.

11. Another appliance that is a godsend for a working mother—a microwave oven. For cooking on-the-double, defrosting, reheating, whatever. When John works late, I make up a whole plate for him. The minute he steps into the apartment, I pop it in the microwave. His dinner is ready in an instant.

12. It's helpful to keep an ongoing shopping list—and write down needed items immediately. Too much is going on in your day to rely on memory. Keep it in a handy place. I use a clipboard and leave it on the kitchen counter.

13. Seek out services that can assist you. A dry cleaner who picks up and delivers. A pediatrician with late hours for working parents. If you have neighbors with small children, compare needs and time schedules. Can you pool the driving to Little League practice? Or make a group appointment at the same dentist?

14. Don't forget—be good to yourself. With practically every waking moment accounted for, your lunch hours take on a special meaning. Relax by chatting with friends. Or go to an exercise class. I find that regular exercise increases my stamina, boosts my energy level.

Recipes on page 140.



Everyone helps at dinnertime in the Hazard house: John selects and opens the wine, Jack sorts and serves the strawberries, while Katherine does her bit by waiting quietly.

PEPPERIDGE FARM

Try cakes so old-fashioned good... they don't need icing!

Pepperidge Farm bakes them full of delicious ingredients like mouth-watering apples, sweet cream butter, chewy dates, walnuts... even yogurt!

There are five kinds of Old Fashioned Cake, for week-to-week variety: All Butter Pound Cake, Apple-Walnut, Date-Nut, Yogurt and Carrot Cake. Baked just right, and frozen fresh. Look for Old Fashioned Cakes in your grocer's freezer.





loaf from pan and drain again; set aside.

In medium bowl prepare the pie crust mix according t package directions. Form pastry into a ball. Pat slightly an roll out with rolling pin between 2 sheets of waxed pape into a 13x12-inch rectangle. Peel off top sheet of waxed pa per. Place meat loaf lengthwise in the middle of the 12-inc side. Wrap pastry up and over meat loaf; peel off waxe paper. Fold each end to form a package; trim if needed Pinch seams to seal, moistening with water. Invert a jelly-ro pan over wrapped meat loaf. Flip over, holding pan in on hand and meat loaf in the other so you end up with pastr seam-side down. Cut decorative designs from scraps, moiste and press into crust. Brush pastry with egg. Bake for 35 mi utes or until crust is brown. Transfer to serving plates usin 2 spatulas. Serve with Mushroom Gravy (recipe follows) Makes 8 servings, about 525 calories each without gravy.

MUSHROOM GRAVY

4 tablespoons butter or margarine
¼ pound mushrooms, finely sliced
¼ cup flour
1¾ cups beef broth
2 tablespoons Madeira or dry sherry
¼ teaspoon thyme
1 bay leaf
Dash teaspoon pepper

In medium saucepan, over medium heat, melt 2 tablespoon butter or margarine. Add mushrooms and sauté until tende about 5 minutes. With slotted spoon, remove mushrooms t small bowl; set aside.

In same saucepan melt remaining butter or margarine Stir in flour, then beef broth and remaining ingredients. Hea to boiling. Cook, stirring occasionally, until mixture thickens about 10 minutes. Discard bay leaf. Return mushrooms t sauce. Serve with Meat Loaf en Croute. Makes 2 cups, abou 45 calories per ¼ cup.

Meat Loaf

continued from page 121

MEAT LOAF EN CROUTE
pictured on page 121

Pie crust mix simplifies preparation of this meat loaf.

2 tablespoons butter or margarine
4 to 5 large fresh mushrooms (about ¼ lb.)
Thyme
Salt
2 pounds ground beef
1 cup fresh French bread crumbs
2 eggs
⅔ cup (5.3 oz. can) evaporated milk
½ cup crumbled blue cheese
¼ cup chopped parsley
1 garlic clove, halved
½ teaspoon dry mustard
¼ teaspoon cracked black pepper
1 package (10 or 11 oz.) pie crust mix for 2-crust pie
1 egg, lightly beaten

Mushroom gravy (recipe follows)

In small skillet melt butter or margarine. Add mushrooms, dash thyme and dash salt and sauté for 5 minutes; set aside.

In large bowl combine ground beef and bread crumbs; set aside. In blender container or food processor with steel blade attachment, combine ¾ teaspoon thyme, 1½ teaspoons salt, eggs and the next 6 ingredients. Cover and blend until smooth; pour over ground beef and stir with a wooden spoon until well mixed.

Preheat oven to 375°F. In a greased 9x5-inch loaf pan, pat half the meat mixture. Place the mushrooms in a row in center of meat, cut side down; press lightly. Cover with remaining meat mixture. Bake for 35 minutes; drain. Remove meat





¼ teaspoon salt
⅛ teaspoon cumin

Meat loaf

2 pounds ground beef
2 large apples, peeled, cored and grated
2 eggs
1 medium onion, finely chopped
½ cup dried bread crumbs
¼ cup plain yogurt
¼ cup chutney, chopped
¼ cup seedless raisins, chopped
1 tablespoon curry powder
2 teaspoons salt
⅛ teaspoon pepper
Hot cooked rice, optional

Sauce: Combine all ingredients; cover and refrigerate.
Meat loaf: Preheat oven to 375°F. Combine all meat loaf ingredients in large mixing bowl; stir with wooden spoon until well mixed. Spoon into six 6-ounce custard cups or one 9x5-inch loaf pan. Bake 35 to 40 minutes for custard cups or 60 minutes for loaf pan. Drain off excess liquid. Invert onto serving platter. Serve with yogurt sauce and hot, cooked rice, if desired. Makes 8 servings, about 330 calories each without sauce or rice. Sauce about 45 calories per ¼ cup.

ALL-AMERICAN MEAT LOAF

Hard to beat as an old reliable—it's horseradish that does it.

Glaze

½ cup ketchup
3 tablespoons brown sugar
1 tablespoon prepared horseradish
2 teaspoons spicy mustard

Meat loaf

2 pounds ground beef
¾ cup oats, uncooked
1 large onion, quartered
½ cup ketchup
¼ cup milk
2 eggs

(continued)

TIVOLI MEAT RING
pictured on page 121

Our Scandinavian version featuring dill and cranberries.

1 pound ground beef
½ pound ground veal
½ pound ground pork
2 eggs
1 cup mashed potatoes
1 medium onion, finely chopped
¼ cup sour cream
2½ teaspoons salt
¼ teaspoon dill weed
¼ teaspoon pepper
1 can (16 oz.) whole cranberry sauce or 1 jar (10 oz.) lingonberries
Boiled new potatoes and green peas, optional

Preheat oven to 350°F. Grease a 6½-cup ring mold or 9x5-inch loaf pan. Combine all ingredients except cranberries, potatoes and peas, in a large mixing bowl. Stir with a wooden spoon until well mixed. Spoon into ring mold or pan.

Bake 40 to 45 minutes for ring mold and 55 minutes for loaf pan. Remove from oven. Drain off excess liquid. Invert onto a jelly-roll pan; remove pan. Top with berries and return to oven. Continue baking 15 more minutes. Transfer to heated platter. Serve immediately with boiled new potatoes and green peas, if desired. Makes 8 servings, about 400 calories each without potatoes and peas.

DELHI MEAT LOAF
pictured on page 120

This meat loaf will appeal to those who like spicy, highly seasoned food. Inspired by a recipe given us by our good friend Alice Fixx, wife of runner Jim Fixx.

Sauce

¾ cup plain yogurt
1 cucumber, peeled, seeded and grated

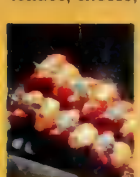
"Recipes Olé!"



THE OLD EL PASO MEAT 'N POTATO TACO

1 lb. ground beef
8 oz. frozen hash browns
½ medium onion, chopped
1 envelope **Old El Paso Taco Seasoning Mix**
Old El Paso Taco Sauce
1 10 oz. can **Old El Paso Tomatoes & Green Chilies**
12 Old El Paso Taco Shells
shredded lettuce
shredded cheddar cheese

Cook meat, hash browns and onions till meat is brown, onion tender. Stir in taco seasoning mix, Old El Paso tomatoes and green chilies. Simmer uncovered 10 minutes. Spoon meat mixture into heated taco shells; top with lettuce, cheese, taco sauce. Serves 12.



THE OLD EL PASO QUICK FRANK KABOBS

2 4 oz. cans **Old El Paso Whole Green Chilies**, seeded and rinsed
8 frankfurters, cut crosswise in thirds
1 16 oz. can whole new potatoes, drained
¼ cup horseradish mustard
¼ cup catsup
¼ cup **Old El Paso Taco Sauce**
2 tbsp. cooking oil

Slit chilies lengthwise into 24 strips. Wrap strips around frankfurter piece. Thread meat and potatoes onto skewers. Mix mustard, catsup, taco sauce, oil. Grill Kabobs over medium coals 10 minutes, turning, brushing often with mustard sauce (or broil 4 inches from heat 6 to 8 minutes). Makes 4 to 6 servings.



THE OLD EL PASO TOSTADA SALAD

2 ripe avocados, mashed
1 tbsp. lime juice
1 tbsp. thinly sliced green onion
¼ cup dairy sour cream
¼ cup **Old El Paso Taco Sauce**
½ tsp. salt
1 tsp. cooking oil
1 16 oz. can **Old El Paso Refried Beans**
½ cup shredded cheddar cheese
6 Old El Paso Tostada Shells
3 cups shredded lettuce
1 cup chopped tomato
6 slices avocado

Mix avocado, lime juice, onion. Blend in sour cream, taco sauce, salt. Chill. Heat refried beans in oil; stir in cheese till melted. On heated tostada shells divide and spread beans, then lettuce, tomatoes. Spoon avocado dressing over each. Top with avocado slice. Serves 6.

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OLD EL PASO



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Meat Loaf

continued

1 tablespoon prepared horseradish
2 teaspoons salt
¼ teaspoon pepper

Glaze: Combine all ingredients for glaze; set aside.

Meat loaf: In large bowl combine ground beef and oats; set aside. In blender container or food processor with steel blade attachment, combine remaining meat loaf ingredients. Cover; blend until smooth. Pour over ground beef and stir with a wooden spoon until well mixed.

Preheat oven to 375°F. In roasting or jelly-roll pan, form the meat mixture into a loaf. Spoon half of the glaze over loaf. Bake for 45 minutes. Spoon remaining glaze over top of loaf and bake for 10 minutes more. Makes 8 servings, about 315 calories each.

SAUERBRATEN MEAT LOAF

Serve it up with a mug of beer and imagine you're in Bavaria.

Meat loaf
1½ pounds ground beef
½ pound ground pork
1 medium onion, finely chopped
½ cup pumpernickel bread crumbs (1 slice)
½ cup crushed gingersnaps (about 10 cookies)
2 eggs
3 tablespoons cider vinegar
1½ teaspoons prepared mustard
2 teaspoons salt

Glaze
¼ cup brown sugar
3 tablespoons cider vinegar
3 tablespoons ketchup
1 tablespoon prepared mustard

Meat loaf: Preheat oven to 375°F. large bowl combine all ingredients meat loaf and stir with a wooden spo until well combined. Spoon meat m ture into an 8-inch square baking pan a 9x5-inch loaf pan.

Glaze: Combine all ingredients in sm bowl. Spoon glaze over top of meat lo Bake for 1 hour. Transfer to heated pl ter. Makes 8 servings, about 315 calor each.

MEAT LOAF ITALIANO

Prepared spaghetti sauce, provolo and oregano spice up this meat loaf.

1 package (6 oz.) provolone cheese slic
2 pounds ground beef
2 eggs
1 cup fresh bread crumbs
1 cup spaghetti sauce (from a 15 oz. jar
1 medium onion, finely chopped
1¾ teaspoons salt
1 large garlic clove, crushed
¾ teaspoon oregano
¼ teaspoon pepper

Preheat oven to 350°F. Reserve o slice of cheese for garnish; dice the r maining cheese. In large bowl combi all ingredients except one slice of chee and ½ cup spaghetti sauce. Stir wi wooden spoon until well mixed. Spo meat mixture into a 9x5-inch loaf pa Pour remaining sauce over meat lo Bake one hour. Remove from ove Drain off excess liquid. Slice remaini cheese into 4 pieces; arrange on top loaf. Return to oven and bake un cheese melts, about 3 minutes. Remo from oven, let stand in pan 10 minut transfer to heated platter. Makes 8 se ings, about 330 calories each.

MEAT LOAF OLÉ

If you're like our food editor—who go into funks without Mexican food—th one is for you.

Meat loaf
2 pounds ground beef
2 eggs
1 cup fresh bread crumbs
1 can (4 oz.) taco sauce
1 medium onion, chopped
1 garlic clove, crushed
1 tablespoon chili powder
1½ teaspoons salt
¾ teaspoon cumin
¼ teaspoon pepper

Filling
1 can (16 oz.) refried beans, heated
1 can (4 oz.) whole green chilies, slivered
¼ pound (1 cup) shredded longhorn Cheddar cheese

Topping
1 cup crushed tortilla chips

Fixings: Shredded lettuce, shredded cheese, chopped onions, sour cream, sliced pitted ripe olives

Meat mixture: In large bowl pla ground beef. In blender *(continue*

The Top of the Morning



What a way to break into a great new day: freshly ground coffee, fruit of the season, and the rich sunny flavor of our finest natural cheese, Cracker Barrel cheddar from Kraft. Another reason America spells cheese KRAFT.

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Imagine! Women all over the country losing weight... and keeping it off... just by drinking a delicious cup of coffee on the Coffee, Tea & a New Me™ Diet Plan.

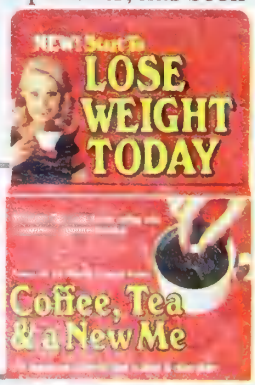
Turns coffee into hunger stopper

Coffee, Tea & a New Me uses one of the safest and most effective appetite suppressants available. And puts it in the most convenient place of all—your coffee.

When you feel hunger coming on, just drop a Coffee, Tea & a New Me non-flavored cube into a cup of coffee. Drink as you need it* and its special ingredient dramatically reduces your appetite for up to 4 hours at a time.

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*Safe taken as directed up to four times a day.

Medical, scientific and clinical studies have clearly demonstrated that the ingredient in Coffee, Tea & a New Me is safe* and effective for appetite control and weight loss.

Meat Loaf

continued

container place remaining meat loaf ingredients. Cover and blend until smooth. Pour over ground beef and stir with wooden spoon until well mixed. Shape meat mixture firmly into ball. Place between sheets of waxed paper; roll out with rolling pin into 16x8x½-inch rectangle.

For filling: Remove top sheet of waxed paper. Spread refried beans evenly over meat mixture to within ½ inch of edges. Arrange chilies on top of the beans. Sprinkle evenly with cheese. Starting at 8-inch side, roll up meat, jelly-roll fashion, pulling off waxed paper as you roll. Place seam side down in a 9x5-inch loaf pan. Preheat oven to 375°F. Sprinkle top with crushed chips. Bake meat loaf for 60 minutes. Drain off excess liquid, if necessary. Let meat loaf stand in pan at least 15 minutes before removing from pan with a spatula; transfer to platter. Serve with shredded lettuce, shredded cheese, chopped onions, sour cream and sliced ripe olives. Makes 8 servings, about 425 calories each without fixings. **End**

Mexican Fiesta

continued from page 123

MEXICAN GOURMET DINNER

SERVES 8

REFRIED BEAN DIP WITH HOMEMADE TORTILLA CHIPS
MARGARITAS
ENCHILADAS VERDE SEVICHE
PORK LOIN ACAPULCO SUNSET RICE REFRIED BEANS
VERACRUZ SALAD SALSA
SOFT TORTILLAS BUTTER BEER
RUM FLAN COFFEE TEA

FOOD CHECKLIST

Special ingredients are marked with an asterisk (*). Many supermarkets carry them, or try a Spanish grocery.

First Cook-Hostess (Margaritas, Beer, Veracruz Salad, Avocado Dressing, Flan, Coffee, Tea)

- Tequila
- Orange-flavored liqueur
- Dark rum (2 tablespoons)
- 1 pint (2 cups) half and half cream
- *1 Jicama root (about ½ lb.)
- Beer
- 4 ripe avocados
- 3 seedless oranges
- 12 limes
- ⅓ cup orange juice
- Coarse salt (optional for Margarita glasses)

Staples to have on hand:

- Sugar
- Eggs (8)
- Milk
- Honey
- Salt
- Cayenne pepper
- Coffee
- Tea

Second Cook (Tortillas, Tortilla Chips, Enchiladas Verde)

- 40 refrigerated or frozen corn tortillas if not making own
- *1 can (10 oz.) Mexican green tomatoes
- *1 can (3½ oz.) hot (jalapeño) chili peppers
- *Masa flour
- 4 cups (2 pints) sour cream
- 2 cups (8 oz.) shredded sharp Cheddar cheese
- 2 bunches green onions
- Ground coriander

Staples to have on hand:

- Salad oil for deep frying
- 1 onion
- Garlic
- Red pepper sauce
- Salt
- Pepper

Third Cook (Refried Beans, Bean Dip, Salsa, Seviche)

- 1½ pounds scallops
- 1 pound dried pinto beans
- 1 can (4 oz.) chopped green chilies
- *1 can (3½ oz.) hot (jalapeño) chili peppers
- 1 can (16 oz.) whole tomatoes
- ½ cup bacon drippings
- 2 (about ¾ lb.) ripe tomatoes
- 1 bunch green onions
- 6 limes
- Olive oil

aples to have on hand:

ions	Oregano
rlic	Salt
d pepper sauce	Pepper
rsley	

urth Cook (Roast Loin of Pork, Sunset ce)

ounds boneless loin of pork	4 cups chicken broth
	*1 jar annatto (achiote) seeds
lices bacon	
ups long grain rice	Chili powder
can (4 oz.) whole green chili peppers	Paprika

aples to have on hand:

lad oil	Sugar
ions	Salt
rlic	Pepper

SCHEDULE FOR MEXICAN DINNER

LL COOKS

ne month before:
- Plan menu.
- Assign food preparation.
- Buy or order special ingredients (marked with an asterisk*).

ne week before:
- Purchase non-perishable ingredients.
- Select serving dishes.

IRST COOK—HOSTESS (Margaritas, eer, Veracruz Salad, Avocado Dressing, lan, Coffee, Tea)

ne day before:
- Purchase perishable ingredients.
- Make flan, refrigerate.
- Chill beer.

lorning of party:
- Set table.
- Set up bar.

wo hours before party:
- Prepare salad, cover, refrigerate.
- Prepare salad dressing.
- Unmold flan; refrigerate.
- Prepare coffee; do not brew.

ECOND COOK (Tortillas, Tortilla Chips, ortilla Bread, Enchiladas Verde)

wo days before:
- Purchase perishable ingredients.
- Prepare tortillas: wrap well in foil; refrigerate. If tortillas are purchased, follow package directions.
- Prepare green sauce for enchiladas; cover and refrigerate.

lorning of party:
- Prepare Enchiladas Verde. Do not bake; cover and refrigerate.
- Fry tortilla chips; wrap remaining tortillas in foil.

HIRD COOK (Refried Beans, Bean Dip, alsa, Seviche)

ne day before:
- Purchase perishable ingredients.
- Prepare refried beans, cover and refrigerate.
- Make Salsa, cover and refrigerate.
- Marinate scallops for Seviche.

hree hours before party:
- Add remaining ingredients to Seviche.
- Make Refried Bean Dip. Leave at room temperature.

OURTH COOK (Roast Loin of Pork, Sunset Rice)

ne day before:
urchase perishable ingredients.

fternoon of party:
- Prepare pork roast and topping. Roast, then wrap and leave at room temperature up to 3 hours.
- Prepare rice. Place in oven-proof dish, leave at room temperature up to 3 hours.

(continued)

My 5-minute hamburger turned into a 5-minute meal with a fast cooking blend of 2 rices with different herbs and seasonings.



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BORDEN®

Creamy Lemon Meringue Pie (Makes 1 pie)

- 3 eggs, separated*
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk
- ½ cup ReaLemon® Reconstituted Lemon Juice
- 1 teaspoon grated lemon rind
- 1 Johnston's® graham cracker Ready-Crust® pie crust
- ¼ teaspoon cream of tartar
- ⅓ cup sugar

*Use only Grade AA clean, whole eggs.

Preheat oven to 350°. In medium bowl, beat egg yolks; stir in sweetened condensed milk, ReaLemon and rind. Pour into crust. In small bowl, beat egg whites with cream of tartar until foamy; gradually add sugar, beating until stiff but not dry. Spread meringue on top of pie, sealing carefully to edge of crust. Bake 15 minutes or until meringue is golden brown. Cool. Chill before serving. Refrigerate leftovers.







Barbecue time is Pizza Roll time.



2 cups Refried Beans (see recipe, page 138)
½ cup Salsa (see recipe, page 139)
2 tablespoons finely chopped green onion (white part only)
½ teaspoon salt
2 dashes bottled red pepper sauce

In a bowl thoroughly combine all ingredients. *(Can be prepared in advance. Cover and refrigerate up to 24 hours.)* About 30 minutes before serving, place in double boiler over hot water, stir occasionally until heated through. Keep warm in chafing dish or fondue pot while serving. Serve with tortilla chips (see recipe, page 136). Makes 2¼ cups, about 10 calories per tablespoon.

CORN TORTILLAS

6 cups masa flour
3½ cups warm water

In large bowl mix masa flour with water until dough holds together well. Add more water if needed. Knead slightly on lightly floured surface. Divide dough into 4 equal parts. Roll each part into a 10-inch rope. Wrap 3 ropes in plastic wrap or waxed paper. Cut the remaining rope of dough into ten 1-inch slices. Place one slice between 2 pieces of waxed paper. (Cover remaining slices with plastic wrap to keep them from drying out.) With a rolling pin, roll slice into a 6-inch circle. Peel off top sheet of waxed paper. Trim edges of tortilla, using a 6-inch plate as a guide. Repeat, rolling out remaining dough. Stack tortillas with a sheet of waxed paper between each. Save and reroll trimmings. *To cook:* Preheat lightly greased griddle or heavy frying pan over medium high heat. Flip tortilla onto griddle with the waxed paper on top. As the tortilla becomes warm, you will be able to peel off the waxed paper. Cook until tortilla looks dry (but still soft) and is lightly flecked with brown, about 1 minute on each side. *(Can be prepared in advance up to this point. Cover and refrigerate up to 2 days.)* Makes about 40 *(continued)*

Mexican Fiesta

continued

t party when guests arrive:
IRST COOK
repare and serve Margaritas.
ECOND COOK
. Set out tortilla chips to be served with Refried Bean Dip.
. Preheat oven to 350°F.
HIRD COOK
lace bean dip in serving dish over medium low heat. Stir until eated through.

hirty minutes before serving dinner
ECOND COOK
lace Enchiladas Verde in oven.
HIRD COOK
. Drain Seviche and spoon into serving dishes.
. Warm refried beans in top of double boiler.

Vhen guests sit down
ECOND COOK
lace soft tortillas on rack in saucepan, heat.
OURTH COOK
. Reduce oven temperature to 325°F.
. Place pork and rice in oven to warm.

o serve:
. Serve Refried Bean Dip and fried tortillas with Margaritas.
. Serve Enchiladas Verde.
. Serve Seviche.
. Serve pork roast, rice, salad, refried beans, soft tortillas, salsa.
. Serve beer with meal.
. After main course, serve flan with coffee or tea.

All pictured on pages 122—123

REFRIED BEAN DIP

Delicious with tortilla chips—highly recommended to go with Margaritas.





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Mexican Fiesta

continued

tortillas, 70 calories each. For the menu you'll need 16 tortillas each for enchiladas and soft tortillas, 8 for chips.

TORTILLA CHIPS

8 corn tortillas (see recipe above)
2 cups salad oil

In medium skillet or 2-quart saucepan heat oil to 375°F. on deep-fat thermometer. Cut each of the 8 tortillas into 6 wedges. Fry wedges until golden brown on both sides, about 1 minute. Remove with slotted spoon, drain on paper towels. Makes 48, about 20 calories each.

SOFT TORTILLAS

Wrap 16 corn tortillas in foil. In large saucepan with rack to fit, put about 1 inch of water; place wrapped tortillas on rack. Heat to boiling; cover, steam for 10 minutes until heated through. Serve immediately. Makes 16 tortillas.

MARGARITAS

This refreshing drink goes well with Mexican fare.

1 lime wedge
1 cup coarse (kosher) salt
1½ cups tequila
½ cup orange-flavored liqueur
½ cup fresh lime juice
Ice cubes

Rub rims of 8 stemmed glasses with a piece of lime; dip rims into plate of coarse salt; set aside.

In a cocktail shaker, combine tequila, orange liqueur, lime juice and ice cubes. Cover and shake; strain into salt-rimmed glasses. Makes 8 drinks, about 160 calories each. (Margaritas may be served on the rocks, if desired.)

ENCHILADAS VERDE

Fantastic! We'll take these with a green salad for a meatless meal anytime.

Filling
3 cups sour cream
2 cups shredded sharp Cheddar cheese
¾ cup chopped green onions
1¼ teaspoons salt
2 dashes bottled red pepper sauce
Green Sauce
1 can (15¼ oz.) Mexican green tomatoes, drained
1 medium onion, coarsely chopped
1 canned jalapeño pepper
1 garlic clove, quartered
1 teaspoon salt
¼ teaspoon ground coriander
⅛ teaspoon pepper
¼ cup salad oil
16 tortillas (see page 135)
1 cup sour cream

In large bowl combine all filling ingredients; set aside.

In blender container or food processor using steel blade, purée all green sauce ingredients until combined. Do not purée longer than needed so mixture still retains some coarse texture. Transfer sauce to a bowl. *(Sauce can be prepa in advance to this point. Cover and frigerate up to 48 hours. The sauce comes jelly-like upon refrigeration; with a little water if necessary.)*

Preheat oven to 350°F. In small let heat oil over medium high heat. P 1 tortilla in skillet and fry about 3 onds on each side. Do not let tortillas crisp. Drain on paper towels. Re with remaining tortillas. Dip each tortilla in green sauce. Spoon a sca cup of filling onto each tortilla, roll place seam-side down in a 13x9-i baking dish. Spoon remaining g sauce over enchiladas. *(Can be prepa in advance to this point. Cover and frigerate up to 8 hours.)* Bake for ab 20 minutes or until sauce bubbles. Se immediately with sour cream. Mak servings, about 495 calories each.

SEVICHE

If desired, you may substitute the sa amount of raw shrimp for scallops.

1½ pounds (2½ cups) raw scallops (o 1½ pounds shrimp, shelled and deveined, cut into bite-size pieces)
⅔ cup fresh lime juice
2 medium, ripe tomatoes (about ¾ l peeled, seeded and chopped
½ cup chopped onion
¼ cup olive or salad oil
1 tablespoon chopped parsley
2 teaspoons finely chopped canned jalapeño peppers
1 teaspoon salt
¼ teaspoon oregano
⅛ teaspoon pepper

Put scallops in a glass bowl; add li juice. Be sure all scallops are immers cover. (The acid in the lime ju "cooks" the scallops.) Refrigerate least 6 hours or overnight, stirring oc sionally. Up to 3 hours before servi add remaining ingredients. Cover, frigerate until serving. Drain off and d card excess liquid before serving. Mak 8 servings, about 150 calories each.

PORK LOIN ACAPULCO

Garlic and chilies add character to t spicy entrée.

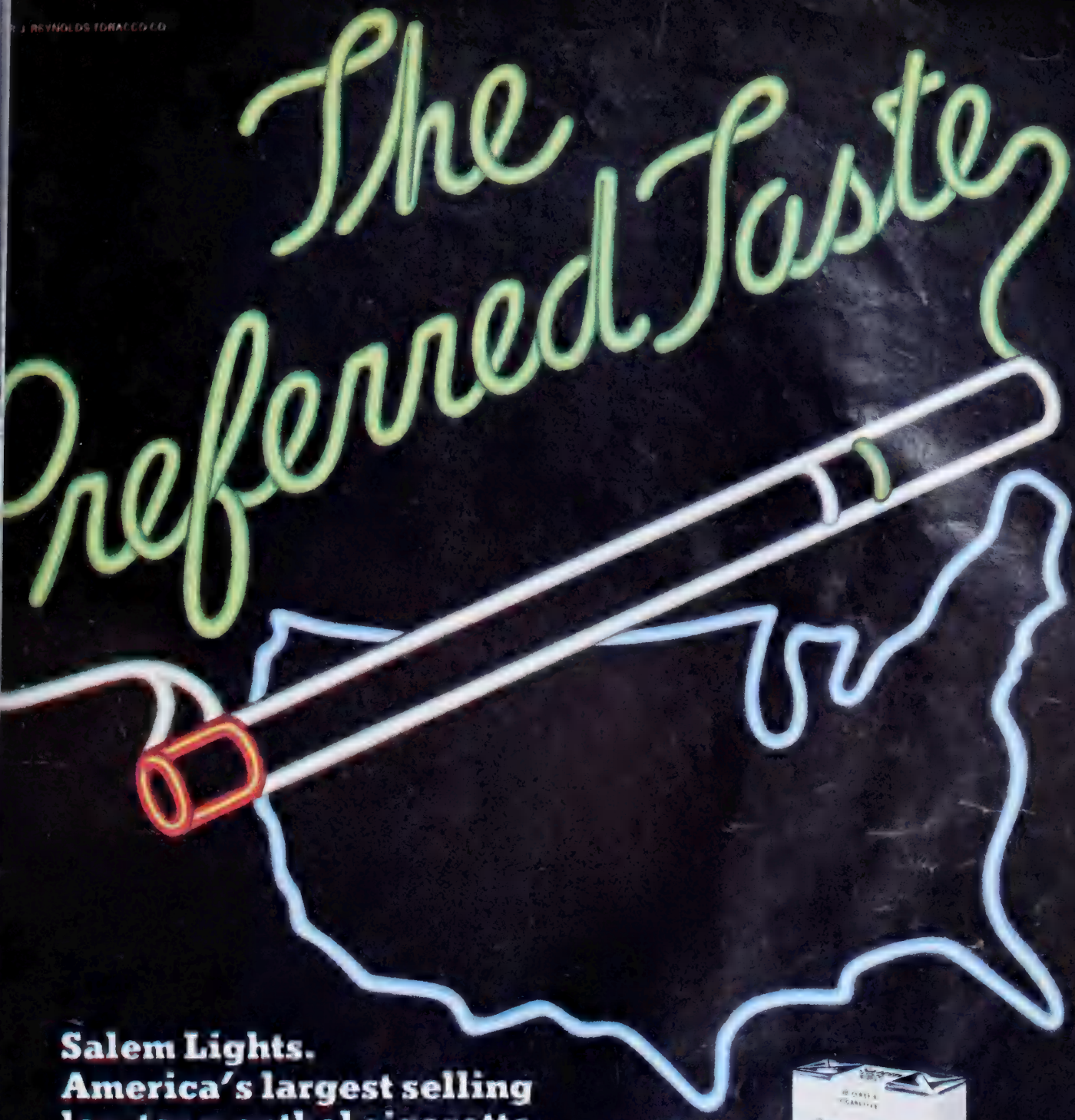
4 pounds boneless loin of pork
2 slices bacon, cut into ¼-inch crosswis strips
3 to 4 garlic cloves, cut into slivers
1 to 2 canned green chilies, cut into thin ½-inch strips
1 tablespoon salt
¼ teaspoon pepper
½ cup finely minced onion
2 garlic cloves, crushed
1 tablespoon chili powder
1 tablespoon paprika
1 tablespoon sugar
Few drops water

With a sharp, pointed paring knife mak about 35 one-inch incisions all over t of pork loin. Enlarge incisions by pokin the end of a wooden spoon or finger in each hole. Place a strip of bacon, sliv of garlic and strip of green chili into eac opening. Rub salt and pepper all ove

Preheat oven to 325°F. *(continue*

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Mexican Fiesta

continued

In small bowl combine minced onion, crushed garlic, chi powder, paprika and sugar. Stir to make a paste, adding few drops water if needed.

Spread paste on top of pork. Place pork on rack in ope roasting pan, paste side up. Roast until meat thermomete reaches 170°F., about 1 hour and 45 minutes to 2 hour *(Can be prepared in advance to this point. Set aside, lightl covered, at room temperature up to 3 hours. Before servin reheat in 325°F. oven for 35 minutes.)* Makes 8 serving about 630 calories each.

SUNSET RICE

Annatto or achiote seeds are used to color food a deep saffro yellow. Not essential to the recipe (they add more color tha flavor), the seeds may be found in stores carrying Mexica Puerto Rican and or Spanish foods.

⅓ cup salad oil
2 tablespoons annatto (achiote) seeds
1 cup chopped onion
2 garlic cloves, chopped
2 cups long-grain rice
4 cups chicken broth
1 teaspoon salt

In large saucepan heat oil over low heat. Add annatto seed and cook until seeds are brown and oil is a deep orange. Pou oil through a fine sieve; discard seeds. Return oil to saucepa and heat. Add onions and garlic and sauté in oil until tender Stir in rice and continue cooking until coated with oil, stirrin constantly. Add broth and salt and bring to a boil. Reduce heat; cover and simmer for 20 minutes. Remove from heat keep covered and let stand 10 minutes before serving. *(Ca be prepared an advance to this point. Spoon into ovenproo serving dish. Cover and refrigerate up to 6 hours. Reheat i a 325°F. oven for 35 minutes, stirring occasionally.)* Make 8 servings, about 255 calories each.

REFRIED BEANS

Often served with rice as a side dish, we also used these beans as a base for our dip with tortilla chips.

1 pound dried pinto beans, rinsed and drained
7 cups water
1 cup coarsely chopped onion
1 garlic clove, chopped
1 tablespoon salt
½ cup bacon drippings

In a large saucepot combine beans and water. Bring to a boil, cook 2 minutes. Cover, remove from heat and let stand one hour. Or cover beans with water and let soak overnight.

Add onions and garlic to beans and soaking liquid. Return to a boil, lower heat and simmer, covered, until beans are very tender, about 3 hours. Add salt and mash beans with a potato masher. *(Can be prepared in advance to this point. Cover and refrigerate overnight.)*

In large skillet heat bacon drippings. Add beans and cook, stirring constantly, until all the fat is completely absorbed and the beans are hot. Makes about 7 cups, about 90 calories per ¼ cup.

VERACRUZ SALAD

Jicama, available in many supermarkets' produce sections, is a root vegetable that tastes like fresh water chestnuts.

Salad
3 ripe avocados (about ¾ lb. each)
2 tablespoons fresh lime juice
3 seedless oranges
1 jicama (about ½ lb.)
1 small head lettuce (optional)
Pitted ripe olives (optional)

Avocado Dressing
1 ripe avocado (about ¾ lb.), pitted, peeled, cut into cubes
⅓ cup orange juice
¼ cup fresh lime juice
1 tablespoon honey

½ teaspoon salt
Dash cayenne pepper

lad: Cut avocados in half; remove pits and peel, cut into in slices and immediately dip all sides in lime juice to pre- nt discoloring. With sharp knife, cut peel off oranges, cut- ng deep enough to remove all white membrane. Cut into in slices (pinwheels).

Peel jicama; shred, using the large holes of shredder or redding blade of food processor. Line serving platter with ttuce leaves. Arrange avocado and orange slices overlapping ightly around the shredded jicama. Garnish with olives. erve with avocado dressing. Makes 8 servings, about 185 alories without dressing.

Dressing: Put all dressing ingredients in blender container or od processor bowl. Blend until smooth. *(Can be made head. Cover and refrigerate up to 2 hours before serving.)* fakes 1½ cups, about 20 calories per tablespoon. Serve with lad.

SALSA

Used to flavor our dip, we like Salsa on our soft, buttered ortillas. It's also fun to dunk in when we're munching tortilla hips.

can (16 oz.) whole tomatoes, drained
medium green onions, cut into 1-inch pieces
garlic clove, coarsely chopped
can (4 oz.) chopped green chilies
½ of 1 canned jalapeño pepper
½ teaspoon salt

Combine all ingredients in blender container or food proces- or bowl. Cover and blend about 15 seconds until chopped ut not puréed. The sauce should retain some texture. *(Can e prepared in advance to this point. Cover and refrigerate p to 24 hours.)* Makes about 2 cups, about 4 calories per ablespoon.

RUM FLAN

A touch of rum flavors this traditional classic, a delicate end o any feast.

¾ cups sugar
whole eggs
egg yolks
2 cups (1 pint) half and half cream
2 cups milk
2 tablespoons dark rum
Pinch salt

To caramelize sugar: In small skillet, place 1 cup of the sugar. Melt sugar over medium-low heat. Don't stir until sugar be- gins to form a syrup. Reduce heat to low and stir frequently with wooden spoon until all sugar is melted. Continue cook- ng, stirring constantly, until smooth and a light amber color just a shade darker than honey). Run hot water over out- ide of a deep 2-quart casserole or soufflé dish until dish is warm. Pour hot caramelized syrup into dish and rotate until nside is covered. Set aside to cool.

Preheat oven to 350°F. In large mixer bowl beat eggs, egg yolks and remaining ¾ cup sugar for 5 minutes, until sugar dissolves. Add cream, milk, rum and salt and stir until blended. Pour through a fine sieve into casserole. Put casse- ole in a large baking pan and place in oven. Pour hot, not boiling, water into pan, up to one inch from top of baking pan. Lightly cover casserole with foil. Reduce oven temperature to 325°F. Bake for 2 hours or until knife inserted in center of custard comes out clean. Remove dish from water; cool on wire rack. Refrigerate, covered, at least 6 hours, or preferably overnight. *(Can be made ahead to this point. Cover and re- frigerate up to 24 hours.)*

To unmold, run a knife between custard and edge of bak- ng dish. Invert casserole onto rimmed serving platter. Re- frigerate until ready to serve. Makes 8 servings, about 355 calories each.

End

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or mayonnaise and buttermilk.

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"Thanks for the tip, Pete. My last chicken was so juicy I could have kissed you."

"Didn't I tell you? The Shake 'n Bake coating seals in the juices—for crispy chicken at its tender best."

THE TURBULENC FACTOR

continued from page 104

alarm interrupted me, I'd been
a dream, having a picnic with M
—a younger Matthew, a younge
winter picnic. There had been a b
that left a foot of snow on the be
excited as children, we drove
beach and tramped for an hour, l
huge, unhurried footprints. Wh
afternoon shadows tinged the sno
blue, Matthew stamped out a pa
MARJORIE WINKLER I LOVE
—then, fr zen, we came back to
and watched ice-gray ocean wave
in yellow swirls against it. Wh
watched, we shared a thermos
stew and drank red wine. I still f
spell of the dream as I moved abo
bedroom in the dim morning light

"What are you muttering a
Both of Matthew's eyes were ope
watching me. They were a very
blue-green, and even on a dingy,
morning could light up a room.

"I wasn't muttering." Was I?

"Well, let's say you look chag
What's wrong?"

"Oh, we were enjoying such a
romantic picnic together before I
up. It's too bad we don't have time
on picnics anymore."

"Picnics? Sure we do. All we ha
do is write 'picnic' at the top of ou
ority list. Cross out nonessential
marine lab, accounting firm, chi
mortgage payments, etc., and lif
be one long picnic." He glanced o
window at a lowering sky. "Eve
ants wouldn't show up at a picnic
day like today," he said. "Is my
blue suit back from the cleaners?"

No, it wasn't, so instead of cro
anything off we had one more ite
add to our list.

"Don't scowl like that," Matthew
"It's only a navy blue suit. I can p
up on my way home tonight. I
want it for my presentation to the
directors tomorrow, anyway. My
er's gray would be too obvious,
you think?"

Downstairs, Chris was eating a h
fast he had made himself—orange
toast and cereal. Why did that b
me? It was a nutritious breakfast. I
what bothered me—my own child
memories of starting the day in
mother's warm, fragrant kitchen. I
thinking of that kitchen even now
I couldn't help thinking of my m
as a tough act to follow. Chris and
could look forward to memorie
slushy orange juice and cold cerea

"Are you going to work?" Sally
garded me with apprehension. "I
everybody you would be on the pa
Even old Burchard." *(contin*

Coffee Breaks

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Cream Cheese Brownies*

Share a cup of Maxwell House® Coffee and this brownie recipe with your good friend.

- 1 package (4 oz.) BAKER'S® GERMAN'S* Sweet Chocolate
- 5 tablespoons butter or margarine
- 1 package (3 oz.) cream cheese, softened
- 1 cup sugar
- 3 eggs
- 1 tablespoon all-purpose flour
- 1½ teaspoons vanilla
- ½ teaspoon CALUMET® Baking Powder
- ¼ teaspoon salt
- ½ cup all-purpose flour
- ½ cup coarsely chopped nuts

Melt chocolate and 3 tablespoons of the butter in a small saucepan over very low heat, stirring constantly. Cool. Blend remaining butter with cheese until softened. Gradually add ¼ cup of the sugar, beating well. Blend in 1 egg, 1 tablespoon flour and ½ teaspoon vanilla. Set aside.

Beat remaining 2 eggs until thick and light in color. Gradually add remaining ¾ cup sugar, beating until thickened. Add baking powder, salt and ½ cup flour. Blend in cooled chocolate mixture, nuts and 1 teaspoon vanilla. Spread about half of the chocolate batter in greased 8- or 9-inch square pan. Add cheese mixture, spreading evenly. Top with tablespoonfuls of remaining chocolate batter. Zigzag a spatula through batter to marble. Bake at 350° for 35 to 40 minutes, or until top springs back when lightly pressed in center. Cool. Cut into bars or squares. Makes 16 to 20.

*For more "Coffee Break" recipes, send your name and address to: Coffee Break Recipe Offer, P.O. Box 3064, Kankakee, Ill. 60901

CLIP AND SAVE



"Thanks." I handed Sally the scissors, then did what I had to do. I deserted. While she was racing the clock, I was racing the clouds.

I must have been scowling again as we started off in the Jeep, because Chris sat there looking thoughtful instead of rattling off questions the way he usually did. Finally he came across a thought worth sharing. "Maybe she works best under pressure," he offered.

I smiled in appreciation of his effort, and took a deep breath of the sharp, salt air. "Look at that," I said as we tooled past a brilliant display of pink and white beach plum. I really did like driving the Jeep. With its bright yellow phosphorescent paint, it glimmered in the dreary morning like a gargantuan glowworm, or a large, lumbering lightning bug. A yellow Jeep is a very friendly vehicle. People look up and wave as though they were hoping you would come along—even people who do not normally wave, or who do not normally wave so early in the morning. By the time Dr. Sykes, our executive field coordinator (chief lab technician), drove by, Chris was firing off questions at his usual rate.

The clouds drifted lower as I swung the Jeep off the black tarred ocean road and turned on to a narrow gravel one that led to the bay. The "field" I assisted in coordinating was 38 miles of windswept beach and salt marsh.

When the road ended, we traveled the rest of the way on foot. Here was a place where I heard sounds so small they scarcely existed, sounds like the crackling of sun-warmed sea grass suddenly chilled by the rising tide. Chris and I always tried to make our own sounds as small as possible when we entered this busy world of tiny tracks and perpetual, imperceptible motion, but chatterings and scatterings erupted at every footfall. We worked swiftly, carefully lifting each fine, mesh net. Still, by the time we finished, the wind had picked up and the grass bent in the breeze. *(continued)*

THE TURBULENCE FACTOR

continued

I ignored the reference to old Burchard. "I'm working a half-day on account of the weather, but I'll be there," I promised. It would be close, but Sally had arranged the whole Career Day program. I couldn't let her down.

The pale, gray light outside our kitchen window had a desolate quality that seemed reflected in Sally's eyes. She had the ironing board set up, and was struggling with a huge, purple banner and a pile of iron-on letters that were supposed to proclaim CAREER DAY. She looked so distraught, I didn't dare ask how she could have let something like that go until the last minute. But how could she have? It was irresponsible.

Last night I'd offered to help her with it, but between phone calls and washing her hair, Sally had blithely assured me she'd have plenty of time to do it in the morning. So I went into the den where I couldn't hear the stereo, or the TV, or the telephone, and prepared the three-minute talk that was my contribution to today's panel. I took it seriously. When I was in high school, I had only a sketchy idea of what a marine ecologist was, and no idea of what I would have to do to become one. At least I could see to it that Sally and her classmates were a little more knowledgeable.

Sally's face looked grim as she peeled a sticky "R" off the iron and searched the pile for another one. But there wasn't another one. "I'll have to make one from a 'B,'" she cried. "Where are the scissors?"

Before I had a job, I knew where scissors were; I had a pencil by the telephone; I even did windows; but this morning I opened the nearest drawer and started rooting.

"The third drawer," Chris said.



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THE TURBULENCE FACTOR

continued

hen we were back on the road, s waited until the school yard in view, and then asked, "You didn't t about driving me to the swim- meet after school today, did you?" had forgotten.

won't be finished at the high school me, Chris, I'm sorry." I thought of ng Matthew at the office, but Mat- was an accountant, and it was tax n. He had already skipped lunch e this week because of family er- s. On our unwritten score sheet, I this debit listed in my column.

hris picked up the hand lens that lying on the seat between us and ed examining things: a few grains nd, the sleeve of his jacket, a piece ring from his pocket. Then he leaned ard and sat up very straight, as gh he were already in school and I a teacher he was trying to impress. doesn't matter, there'll be other nming meets," he said with a voice manner that suggested an adult er than an 11-year-old boy. He ped down to the sidewalk, and when eached the gate turned and waved. ved back, and should have driven hen, which was what I usually did, instead I sat indecisively watching. empty tin can was lying in Chris's and he kicked it out of his way, he went out of his way to kick it n, and continued on, his shoulders ched against the wind.

looked at my watch. Not even nine ck yet, and I'd managed to fail him. What a start on a day.

t the lab I divided my samples into groups. One, I would run tests on; other I took outside to our plankton in the lagoon. It was my responsi- y to maintain ideal environmental ditions for the plankton. The amount sunlight, salinity, turbulence, all of e factors affected the level of neces- oxygen in the water. Yesterday, the ulence factor had been so low, I'd to turn on the pump. Today there e small waves.

sually it was tremendously satisfy- to me to know that even though it to a small degree, my work was ing to increase the world food sup- But today I asked myself: What I *really* accomplishing? While I was ing to produce ideal environmental ditions for a bunch of microscopic nts and animals, not to mention a in of jellyfish that I personally wasn't wn to, I was creating a chaotic en- nment for the people I loved most. v much sense did that make?

ain pelted the lagoon while I read ges and measured levels, so that I ld counteract the effects of the storm, but I had no scientifically proven techniques to deal with the storm that had broken inside me. It wasn't just the swimming meet, or Career Day, or no time for picnics. Since I had started my job, every day had had its unique set of domestic crises: the missed orthodontist appointment, the unexpected invitation. What if somebody got sick? There was no end to it.

Beside me an old, red cedar creaked with the motion of the wind. I sloshed back to the lab through the slippery grass, finally satisfied that the balance in the lagoon would hold. A half hour later Dr. Sykes passed my door. "Great job you did with that plankton farm," he called and went on down the corridor. Another day I would have been ecstatic. Dr. Sykes wasn't given to compliments.

Rain hammered against the windows. I looked into my microscope, studied slides, made notations and cautious comments about the food chain, while at the back of my mind a small thought worried: What did the world food scientist plan to serve her family for dinner tonight? I honestly couldn't remember.

When I looked at the clock and turned off my microscope lamp, I still hadn't remembered, but there was no time for that now. Sally would be waiting for me. I couldn't be late.

Without even warming up the motor, I got the Jeep on the road. The familiar jaunty feeling that always came over me when I drove it wasn't there. As I steered through deepening puddles and waited at red lights, it was just a Jeep. Nobody waved.

Traffic was slow. Directly ahead of me a sensible, blue sedan was inching along. Recklessly, I considered passing on the right. I never passed on the right, but Sally's grim, morning face came back to me. I couldn't be late.

I considered what my life would be like if I gave up my job at the lab, and took up driving a sensible blue sedan. Between swimming meets and picnics, it could sit in the driveway while I ironed on letters and planned menus. I could type the menus in triplicate so that if memory failed, I had only to consult the nearest copy. I could keep one by the telephone beside a pencil with two points, one in the scissors drawer so that I could cut and paste anytime I changed my mind, and the other I could give to Matthew so he wouldn't eat dinner for lunch.

The road widened into two lanes. The yellow Jeep honked, and I sailed legally past that blue sedan.

Mr. Burchard greeted me at the door of the auditorium. The first thing I saw was the purple banner displayed at one side of the stage. "CAREERS" the iron-on letters read instead of CAREER DAY. Why hadn't I thought of that?

Sally was on the stage *(continued)*

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Read label and follow directions

THE TURBULENCE FACTOR

continued

chatting with the panelists. She looked far from grim. I didn't remember her telling me Nina Buffington would be here. Nina was the school nurse at Chris's school as well as here at the high school. Mr. Burchard must have followed my line of vision. "The physical therapist we planned to have had to cancel," he told me. "Sally suggested Nina as a replacement. I figured we'd have to draft one of the teachers, but as Sally pointed out, the students had constant exposure to teachers, while few saw Nina more than once a year. Good thinking, wasn't it?"

Yes, it was.

"Hi, Marge, I hope you brought your Jeep," Nina said. "According to Chris it can do everything but fly."

Why was Nina seeing so much of Chris? "Has Chris been developing symptoms?" I asked.

"That kid? He's healthier than I am. He stops in every day to admire the aquarium in my office, and offer helpful hints about marine ecology." She turned to Sally. "I think your mother's enthusiasm for her work is contagious. Would you let me speak before her? I want the nursing profession to have a fair chance."

"Don't worry," Sally reassured her. "I didn't want anybody to think I was playing favorites, so I scheduled her last."

She was afraid I wouldn't show up on time, afraid she'd be preempted by a bunch of plankton, I couldn't help thinking. Two other parents, John Kelvin, an architect, and Laura Eliot, a lawyer, completed our panel. The tall, rectangular windows that lined both sides of the auditorium admitted a watery gray light, casting faces more than a few yards away in semi-shadows. Mr. Burchard stepped to the microphone and introduced the panel in a crisp, optimistic voice.

Even the yellow electric lights that hung from the ceiling illumined only random circles of students' faces. I recognized several of the girls; a boy whose name came up frequently in Sally's conversation. At the moment I couldn't think of what the boy's name was, and that's when I realized I was nervous. My mouth was suddenly dry, too dry to swallow, much too dry to talk. But that's why I was here—to talk. I forced myself to swallow and felt as though I were silently choking on sand. There was a pitcher of water on the table directly in front of me but I didn't trust myself to pour it. Sally was sitting beside me. Suppose she saw my hand shake, or worse still, suppose I spilled the water? Last month I gave a short speech about conservation of the environment to the town council without a qualm. I reminded myself. Why should high school students make me nervous? I knew why. It wasn't that the students were so important, it was that they were so important to Sally. They were her "peer group," as Mr. Burchard would say.

I caught a glimpse of her profile as John Kelvin finished speaking about the life of an architect. Under cover of the applause, Sally leaned toward me, her fragrant hair brushing my cheek as she whispered, "I scheduled you for last because you're such a tough act to follow."

I am? Is that how Sally saw me? I turned and looked directly at her. Sally's dark brown eyes held an expression I knew well. Years ago I'd seen it when she volunteered me to bake cupcakes for the fourth grade or chaperone a class trip. Later, I saw it when I'd hear her announce to her friends, "I can have the party at my house. I know it will be all right with my Mom." What I could never resist was her complete faith that I would come through. Well, I was still coming through, even today. Perhaps especially today when so many new fields were opening up to women. I gave Sally's hand a quick squeeze, while inside me something cold and hard melted.

"A tough act to follow," she'd said. I savored that as I watched Laura Eliot approach the lectern with a springy step. While I should have been listening to speeches, I thought about things in a way that I haven't before. Maybe our home environment was a little more turbulent than I wanted it to be, but the only place a perfectly balanced environment existed was in the laboratory, and even there it wasn't easy to maintain. It required constant measuring, testing and adjusting. The object was not to eliminate turbulence but to sustain the proper amount. Why expect my home environment to require any less effort?

Sally had handled a lot of responsibility today and handled it well. Chris had coped with disappointment maturally. Besides, Chris loved being my co-pilot. Weren't these positive contributions my working made to my family?

The students were applauding Nina. Now it was my turn. I set the little pink slip with my notes on it on the lectern. The faces before me were merely a friendly group of Sally's classmates, young people with whom I could share my enthusiasm for marine ecology. I kept the speech short and simple. What delighted me was the number of thoughtful questions the students asked, including one from the boy whose name came up so frequently in Sally's conversation. His name was Alan Bell.

As I returned to my seat, I caught Sally's eye. She was trying hard to act blasé, but every once in a while, a little smile of self-satisfaction tugged at the corners of her mouth and threatened to spill over. I busied myself with putting away my notes, folded the pink slip, creased it neatly, and read, "One navy blue suit, cleaned and pressed—$1.95." Well! I could hardly expect Matthew to pick up his suit if I'd written my notes on the back of the claim check. He was probably searching for it right now.

On the way home Sally glowed with triumph. I knew how she felt. The sun came out and the yellow Jeep glowed too, as we splashed over the roads. At the cleaners we slowed down long enough to collect Matthew's suit. We wheeled past the plankton farm and I waved to the jellyfish. I even remembered what the world food scientist had planned for dinner—chicken casserole and a salad.

The chicken casserole was already in the oven when we came into the kitchen. Chris was setting the table for dinner. Matthew reached for the navy blue suit with one hand and put his other arm around me. "Marjorie Winkler, I love you," he said.

Yep, that's exactly what he said. The moment couldn't have been more romantic if his words were carved in snow. **End**



"My folks have been married for ten years. Boy, that's even longer than I've been around!"

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WCI

MEALTIME EXPRESS

With these quick-to-fix food ideas, more time to enjoy the pleasures of May.

Pretty it up with PIMIENTOS

The heart-shaped, smooth and sweet pepper (pimienta means pepper in Spanish) is beautiful to behold—bright, fiery red and only mildly spicy. Ideal to toss into foods for a shot of color and taste, a mere 7 calories for one whole pod. Besides stuffing an olive, you can... • Put a touch of the red into scrambled eggs for spice. • Make a chain of red onion and pimiento rings; circle a bowl of potato salad. • Mince and stir into buttermilk biscuit dough. Very pretty. • Slash French bread, put in pimientos, Cheddar cheese and butter. Heat until melty and crusty. • Add some dash to leftovers. Chop pimientos into mashed potatoes, rice, all creamed dishes. • Lay strips across wedges of steamed cabbage. • Toss large chunks into beef stew during last half-hour. An eye-opener. • Cut out interesting shapes with tiny canapé cutters. Use to decorate everything from a whole fish to ham. • Jazz up lima beans, string beans or asparagus with notes of diced pimientos. • Mix your own "4-bean-plus" salad—with cans of green beans, yellow wax beans, red kidney beans, garbanzos and chopped pimientos. • Cold stuff. Cram a whole pimiento pod with plain or garden cottage cheese. Or, for dazzle, fill with mashed avocado or guacamole. • Hot puds. Tuck a whole pimiento into well-greased muffin cups. Spoon in canned corn or peas. Bake 20-25 minutes. Serve as side dish or set around a roast as a garnish.

START WITH A CAN OF CORNED BEEF HASH

• Fill blanched whole green peppers, top with chili sauce, bake quickly in medium oven. • Fill individual custard cups, break egg on top, bake till egg sets. • Mix with a can whole kernel corn, plenty of ketchup, heat through. • Pat around in an 8-in. pie shell, heat through, fill center with scrambled eggs, creamed peas. • Brown hash slices one side, turn, top with cheese slice, green chilies, serve on crisp tostadas.

STAR QUICKIE

QUICK AND EASY RAVIOLI

Cook a 15 oz. pkg. of frozen cheese ravioli as label directs. Brown 4 Italian sausages; drain and cut into chunks. Combine with one 16 oz. jar spaghetti sauce and 1 can drained mushrooms. Heat and serve over cooked ravioli. Top with grated Parmesan cheese. Serves 6.

FROZEN PIZZA: TOP IT WITH...

always and ever more-more-more grated cheese to eat plain or with...Garden Garnish: fresh tomato slices and fresh chopped basil. ▪ Provençal Parade: tuna, sliced red onion, anchovies, green olives. ▪ Health Food Surprise: tiny chunks of avocado sprinkled with lemon juice, then crunchy bean sprouts. • Mexicana Mix-up: cooked hamburger, green chilies, taco sauce. ▪ Americana Appeal: chopped hot dogs, crisp canned onion rings, mustard relish. • Chinese Munchie: canned chicken cubes, chow mein noodles, dash of soy sauce. ▪ Breakfast Special: sliced hard-cooked eggs, scattering of bacon bits, chopped parsley. (On all, add toppings before heating.)

Photograph by Tasso Vendikos

know I should be drinking a decaffeinated coffee because caffein makes me nervous, but I love real coffee too much to make a change."

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continued from page 38

Dress in the office

In certain kinds of businesses the wear only suits of a conservative na with white shirts and dark ties; in ers, men wear blazers and quiet- terned sports jackets. In some staic stitutions women know instinctivel wear skirts (there are no rules po saying they should not wear pants) other types of jobs women wear pa well-cut, well-fitting ones—freely an certain other jobs that demand phys activity, pants are almost a necessit

In conservative business, such banks and financial institutions, in ance companies, foundations and porate headquarters, men and wor should have one fashion dictate and only: to dress in good taste. Good t does not require a major investmen designer originals; good taste me dressing in an understated rather t overstated manner and without flamb ance and faddishness. A woman w chooses a sundress in summer with b legs and open-toed, high-heeled sand keeps this look for her personal time the office she wears a fresh cotton dr that is elegant and modest; she a wears pantyhose and sandals with pr tical heels. Men and women who ha their eyes on their careers dress ca fully; they have edited wardrobes t are chosen wisely and well. How t dress on their own time is their own b iness. How they dress on company ti is not, if they project an image that contrary to the one desired by th company.

Caring about how one looks is imp tant to anyone's career. It is only logic to look as attractive as one can, for re sons of self-respect as well as for t image of the company. E

DAYBREAK

By Bert Meyers

Birds drip from the trees.
The moon's a little goat
over there on the hill;
dawn, as blue as her milk,
fills the sky's tin pail.

The air's so cold a gas station
glitters in an ice-cube.
The freeway hums like a pipe
when the water's on.
Streetlights turn off their dew.

The sun climbs down from a roof,
stops by a house and strikes
its long match on a wall,
takes out a ring of brass keys
and opens every door.

Benson & Hedges Lights

Only 11 mg tar



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Now moister than ever yet still light as always!



MONEY

HOW TO GET IT, USE IT, KEEP IT

A budget sure can't make you rich—but it can put you in control of your own finances. Follow our instructions: You'll see where you can save for some of the large essentials you've been wanting, or for the luxury you'd rather not do without or for the future you thought you couldn't afford to plan for. Simply knowing just where you're spending—or overspending—is half the battle.

How to Budget Yourself

If you've been on a budget before but hated it, the fault might have been with the budget and not with you. For a budget to work it must be custom-designed to meet your particular needs. To make budgeting an easier job, here are a few general rules and guidelines.

Start by listing all your monthly expenses under these headings: Essentials, Day-by-Day Expenses, and Expendables on the chart (see next page).

Essentials. These are the expenses you can do very little about, such as rent or mortgage payments, utilities, transportation, health and life insurance. To figure out how much to budget for monthly essentials, go through last year's checkbook, bills and receipts and try to project this year's expenses.

Some essentials are payments that must be made every month (such as rent), others are paid quarterly (such as real estate taxes) or annually (such as insurance). Because your budget is a monthly one, divide quarterly expenses by four, annual expenses by twelve, to get monthly figures.

Of course, you won't be paying these quarterly and annual expenses each month. But when you're on a budget, you should be setting aside a certain amount every month for all essentials. Then, when payment is due, you'll have the money available.

YOU CAN LIVE ON A BUDGET —AND LOVE IT



There will be no surprises, no extra expenses one month to take a huge, painful bite out of your spendable income. A good idea: Put the money set aside for these payments into a separate savings account and earn interest.

There are two important rules to remember when budgeting for essentials. One: Include savings and investments. If you don't consider them essential, you should. Otherwise you'll be in poor financial shape when you reach retirement age, or when your youngsters must be sent to college. And just having money in the bank gives you a nice sense of security few of us can do without.

The amount you save is up to you. Most experts believe you should sock away ten percent of your real (take-home) income—more if you can.

The second rule: Include personal funds for each family member. Everyone needs a few dollars to spend as he or she pleases. Give adults as well as children an allowance. That little "mad" money may make the difference between sticking with a budget and giving it up as an impossible dream.

Day-by-Day Expenses. Food, clothing, household maintenance, personal care, come under this heading. To get accurate figures on these expenses, list every purchase you make for the next four weeks. Once you're fairly certain how much you spend each month, enter these months on the chart. Later on, you can make adjustments.

Now total the amount spent on Essentials and Day-by-Day Expenses each month. Subtract that total from



your monthly income. What's left is what you can spend on expendables.

Expendables. Vacations, entertainment, charitable contributions, gifts, furniture and appliances—these are all expenses that are not essential to your well-being, although you may find some of them hard to do without. This is often where you can cut corners most easily, if you have to.

Our model budgets

We've created budgets for three imaginary families of four with different incomes. We've assumed they are not just starting out so that they have most of the necessities of life. We've also assumed they like to have nutritional meals regularly, take care of their health and prefer to put aside money for a rainy day and for expendables.

These models may be all wrong for you, even if your income and situation is the same. But these are budgets that work. Where do you differ? Figure out why. Do you like the differences? If not, how can you bring your budget more in line with the models?

If you decide to reduce your spending, be realistic about it. Don't cut out savings or insurance, which are too important to your future. Don't cut household or auto maintenance either. The furnace may break down, the car may need new tires, and if you haven't budgeted for that, you'll end up with a big bill and no way to pay.

Where can you save? Can you do without a car? Save on food? Go on a less expensive vacation? Cut clothing costs? There are plenty of savings tips coming up. —*Marilyn Cooley*

MONTHLY EXPENSES	$9,000 ANNUAL TAKE-HOME PAY	$12,000 ANNUAL TAKE-HOME PAY	$18,000 ANNUAL TAKE-HOME PAY	YOUR BUDGET
ESSENTIALS:				
Rent/Mortgage	$205 (Rent and Utilities)	$225 (Rent and Utilities)	$350 (Mortgage)	
Utilities: Gas, Oil, Electricity, Water, Garbage, Telephone	$15 (Telephone)	$15 (Telephone)	$150 (Total)	
Savings/Investments	$40	$50	$180	
Loans: Auto/Other	—	$160	$160	
Auto Maintenance: Gas, Oil, Repairs	—	$40	$60	
Public Transportation	$45	$10	—	
Medical Costs	$80	$80	$80	
Life Insurance	$20	$20	$40	
Auto Insurance	—	$20	$20	
Personal Funds	$15	$15	$20	
School: Supplies, Tuition	$5	$5	$10	
Other: Such as Health Insurance, Aid to Aging Relative, Etc.				
DAY BY DAY:				
Food: Including Meals Away From Home	$220	$220	$220	
Clothing: Purchases And Upkeep	$50	$80	$105	
Household Maintenance: Cleaning Supplies, Repairs	$10	$10	$30	
SUB TOTAL:	$705	$950	$1,425	
EXPENDABLES:				
Entertainment/Recreation **Gifts/Contributions** **Vacations** **Furniture/Appliances** **Other**	$45 (Total)	$50 (Total)	$75 (Total)	
TOTAL:	$750/ month	$1,000/ month	$1,500/ month	

WHAT TO WEAR WHEN YOU HAVE NOTHING TO WEAR

(AND NOT MUCH TO SPEND)



One creative young woman has built a successful business around an unusual service: For a fee she'll go into your closet and tell you exactly why—when you have a closetful of clothes—you still feel you have nothing to wear. Then she'll help you solve the problem. Emily Cho, a fashion consultant and "image maker," has even written a book on the subject, called **Looking Terrific** (G.P. Putnam's Sons).

If you're like most of her clients, your inadequate wardrobe is not due to a limited clothing budget but limited shopping skills. The solution, says Emily, is to plan well before you invest another cent in your wardrobe.

Start by getting reacquainted with what you already own. Much of what you think you need may be hanging in your closet right now. And you'll learn from the mistakes you've already made.



Attack your closet the way Emily would—very thoroughly. Don't panic if at first all you find are some comfortable, if slightly worn, shirts, skirts and pants. The clothes you wear most often are usually the ones that are handiest.

Take **everything** out—the clothes that have been crammed into corners and pushed to the back, the shoes and bags boxed and forgotten.

Then try everything on, even your favorites. Decide why you wear certain clothes again and again. Is it the fit, the color, the style—or all three?

Weed out the mistakes. This takes courage. Throw or give away the clinkers, even if they were expensive. If you don't begin to weed out, your closet will seem to offer more than it really contains. That's confusing and demoralizing. Emily's rule of thumb: If you haven't worn something in two years you're probably never going to.

Next, experiment with coordination. Put a suit jacket over a dress, pair the skirt with a sweater. Try your best shirt with every skirt you own. Pull together complete outfits; that includes shoes, bags and accessories. Most likely you'll come up with plenty of new combinations. Make a list of what goes with what, and what you would need to stretch your wardrobe even further.



The clothes you'll be buying must not only fit your figure and your budget, but also your way of life. Think about how you spend most of your time. If you work, maybe your best bet is to put your money into office clothes and make certain some of them can double for evening wear. Ask yourself, "Where am I usually going when I complain of nothing to wear?" Make a list of your priority needs—that's your shopping list for the season.

Then do some pre-shopping, not to buy but to try on. Stall before you buy and you'll find you make fewer mistakes.

Get to know the stores in your neighborhood. If you know where you're going, you won't become confused, frustrated and exhausted on shopping day and so make a wrong purchase. Look for quality, as well as reasonable prices, and you'll save in the long run.

On shopping day, go with your list and a definite idea of how much you can spend. Keep track of your purchases and stick to your budget. If you can't afford to make a mistake, Emily suggests blowing your entire budget on one major multi-purpose classic. Maybe a tailored blazer to dress up your pants and jeans, update last year's skirts. Next season, plan to spend the same amount on a few shirts, sweaters and another skirt to go with the blazer. Each year, add to your "core" wardrobe and you'll soon have a closetful of versatile, interchangeable parts.

When money is tight, you might spend what you have on accessories. A few smart choices will add new life to your wardrobe, and lift your spirits as well. Replace a self-tie belt with a wide leather sash; buy a shawl instead of a spring coat, or a big scarf to go over your winter coat.

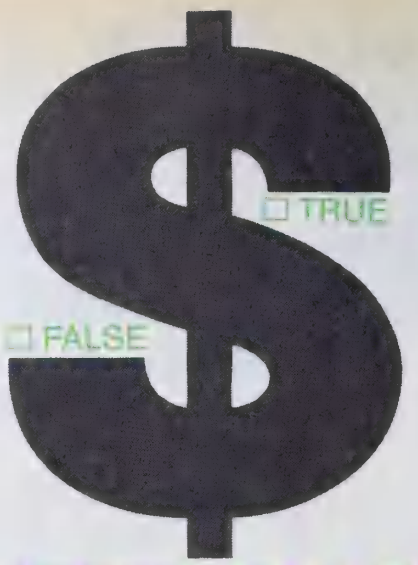


Stay away from the sale racks. The temptation to buy what you don't need can be too great. Although end-of-season sales can sometimes yield bargains, the limited selection may force you to make compromises you'll soon regret. Emily's advice: Shop early in the season to make certain you get exactly what you need, in the color, size and fabric you want.

Although it may take you more than a day, spend all your clothing money exactly as planned. Before you know it, you'll always be able to find something to wear.

—Linda Stasi-Rovello





TEST YOUR MONEY I.Q.

HOW'S YOUR MONEY SENSE?

1. If a husband is adequately insured, his wife doesn't need life insurance. True or false?

False. Even if a wife earns no salary, should she die, her husband would probably have to pay for the services she now performs, such as housecleaning, laundering, cooking, babysitting, and so on and so on.

2. There are exceptions to the rule that every family should save at least ten percent of its income. True or false?

True. A wage earner may find it essential to be extremely well-dressed in order to rise in his or her organization. In that case, the savings/investment allotment would be better spent promoting a career climb right now. Additional education is also a legitimate excuse. But too often the old adage, you have to spend money to make money, is used to defend poor spending habits and unwise investments. And every family should have an emergency fund—even if it's less than ten percent of income.

3. A husband and wife should have separate bank accounts in addition to their joint account. True or false?

True. In some states, if one spouse dies, joint accounts may be frozen until taxes and debts are paid. Also, the entire amount in a joint account may be considered the property of the deceased spouse and taxed accordingly. If funds are kept separately, such taxation can be avoided. And there have been cases where one spouse has emptied a joint account and made off with the cash.

4. When buying an expensive item, such as a car or appliance, it's better to borrow the money than take it out of savings. True or false?

False. If you take out a loan you'll be paying an interest rate of ten to twelve percent, while the money in your savings account is earning only five and one-half percent. In other words, the interest your savings earn is lower than the interest you're paying. If your savings are tied up in a pension plan, stocks, bonds or real estate, however, it would probably cost more to withdraw it than to borrow money for the purchase.

5. It doesn't matter if the interest on your savings is compounded annually, quarterly or daily, as long as you get it. True or false?

False. The more often interest is compounded, the more your money makes.

6. If you get a bad credit rating, you can't open charge accounts or borrow money for six years. True or false?

False. It depends on why you received a bad rating. Although requests for credit may be legally turned down for six years, a creditor may take into account any extenuating circumstances. For example, if the rating was due to a disputed bill or bills left unpaid by a former spouse, it's a good idea to send a letter of explanation to the credit bureau and ask that it be placed in your file and sent to any prospective creditors.

7. Everyone should have a will. True or false?

True. With a will, heirs can save money that would otherwise go to federal or state taxes. And most women, even if they don't hold salaried jobs, do own property, such as a car, furniture, savings, jewelry and other personal possessions. A will is the only way to make certain that your property is disposed of according to your wishes. And remember, a will must be made with the help of a lawyer.

8. It's almost impossible to cut down routine medical costs and essentials such as the telephone. True or false?

False. There's always a way to save. Did you know that you can now buy an approved and registered telephone instead of renting the instrument from the phone company for a monthly fee? Call your telephone company representative and find out if you'd save in the long run by buying. Have you ever asked your doctor to prescribe a drug by its generic name? They are less expensive than brand name drugs. Do you keep accurate records of your medical bills for tax purposes? Are you certain you are getting the best possible deal on your health insurance? In the last few years you've been bombarded with advice on how to save energy. Have you been listening?

— Marilyn Cooler

FIGHTING THE URGE TO SPLURGE

I'm a kind of junkie. Shopping for me, I have discovered, is an addiction. It soothes my nerves. It usually makes me happy, may even make me high.

If I am celebrating my good fortune, I go out and buy myself a present because I deserve it. If I am hurt or despairing, I go out and buy myself a present because I deserve it. Nor do I stint with my friends and family. I send wedding, birthday and baby gifts to people I hardly know. And I rarely come home empty-handed.

The only reason I can confess all this is the pride and relief I have in knowing I'm not quite a compulsive spender. After checking with several psychiatrists, psychologists and consumer credit experts, I found that I could pass the ultimate test: I could quit, cold turkey, and survive—however glumly.

Worried about your spending habits? Here's what the experts told me.

First, you have to understand that it's not unhealthy to have an urge to splurge, especially if you pay cash. Wanting to spend and being an uncontrollable overspender are two entirely different things. In fact, most experts agree that it's healthier to spend your money, or at least some of it, than to live too sparingly. Second, chronic overspenders are not people who buy luxury items only. They are just as likely to go wild in a supermarket, drug store or office supply center as in an expensive boutique. To the compulsive, it's the act of buying, not the need, that drives them.

A psychiatrist will suggest you give yourself this simple test: Stop. Stop shopping for everything except the necessities for one month. Be particularly careful in the grocery store, which may suddenly be your sole emotional outlet. Are you buying more than you need? Are you stocking up on items in quantities not indicated prior to a declaration of war?

Once you've stopped shopping, take the second step: Shop without buying. Browse only.

What? You didn't make it through the first week? Got edgy? Grew despondent? Felt unloved, unwanted, insecure? Perhaps you have a problem. There is a cure.

Take a long, hard look at how you spend your money. Look for patterns. You may be addicted to credit cards. You may shop out of boredom. Or, there may be a deeper psychological reason for your spending.

But no matter what's behind your bad spending habits, there are several national organizations that will help you. Consumer Credit Counselors is a nonprofit organization with 170 branches across the country. Family Debt Counselors, also nonprofit, is in 41 states. They'll both do whatever they can to help you beat the bug, and that may mean cutting up your credit cards before your eyes. Overspenders Anonymous of Santa Monica, California, a local group, will even give you a credit card case with padlock and key, which may do the trick.

LITTLE SPENDERS HAVE PROBLEMS TOO



ichael, 12, gets $5 a week allowance. ut he's not too happy about it. "Man, do ou know how much records cost?" he ks incredulously. "And pretty soon I'll e paying adult prices at the movies."

Hayley thinks her 50 cents a week is uite sufficient. All she buys are "pop-ups," ttle three-dimensional stickers that are l the rage with nine year olds.

Jennifer, almost 11, gets no regular lowance. Her mother pays for her riding ssons and clothes, and gives Jenny oney daily for expenses.

Will Michael grow up to be a spendrift, needing more and more money to et by? Will Hayley ever learn to manage oney if she isn't given the opportunity to y? Will Jennifer fail to develop a firm nderstanding of money and its value?

That depends. We consulted a psychiatist in Los Angeles, California. "Childood financial situations are only one of everal factors that influence adult spendg habits," says Dr. Charles W. Wahl.

But can parents give too much? "If the ild develops neurotic associations between money, spending and love, he or she will probably develop problems dealing with finances later on in life," said Dr. Wahl. So don't show love with money, or pay for good behavior and affection.

Can you give too little? "People who have had deprived early lives, who constantly compared themselves with more fortunate peers, carry over into adulthood feelings of psychological emptiness. They may relieve these feelings by overspending, or compulsive stealing, gambling, drinking or eating," said the doctor.

So how much is just enough? The secret to success may lie in giving children an allowance that must cover specified expenses—school lunches, milk money, books, snacks and such—plus a little to spend as they please or save for something special. Exactly how much depends on your financial situation and on the responsibility and skill he or she shows in handling money. If part of that allowance must be earned, it couldn't hurt.

Don't panic if you've been dealing with the situation very differently. According to Dr. Wahl, "If a child feels cherished, he or she will probably not grow up with any unusual financial hang-ups."—Suzy Kalter

COMMON MONEY MISTAKES

ARE YOU GUILTY?

It pays to sharpen your money management skills and get more mileage from every dollar you earn. You can start by undoing some bad money habits. Here are eight all too common money mistakes you never have to make again.

1. False economy. You may be wasting money in well-meant attempts to save it. You buy a secondhand sofa, for example, then pay to have it reupholstered, only to find the springs are shot. Then there are the shoddy shoes that fall apart in a month, the used cars that are always in for repairs, and the third-rate TVs that blow tubes regularly. Beware of no-bargain bargains—quality is often worth its price.

2. The credit crunch. Credit may be instant, but it's not for nothing. Charge too much, too frequently, on department store and bank credit cards with interest rates of 18 percent, and in no time at all you'll be in debt. But if charge you must, then set yourself a monthly limit. Keep track of your purchases—easier if you close a few accounts—and pay your bills in full whenever possible. As a rule, your total monthly payments should be no more than ten to 15 percent of your monthly take-home income. And instead of charging large purchases, it's smarter to take a credit card cash advance at an interest rate of 12 percent, then pay with cash.



3. Borrowing from the wrong place. For a lower interest rate than a credit card cash advance, consider a bank loan at ten percent interest. Those small percentage point differences add up to real dollar savings in the long run. Some credit unions offer loan charges even lower than banks. Or, you may find your insurance company offers the best deal. So shop around before you borrow. Keep in mind that the longer you stretch out the payments, the smaller they will be, but the higher the total loan cost.



4. Keeping too much in checking and savings accounts. If the money in your checking account earns no interest, your balance should not exceed your monthly expenses. And although your savings account may earn as much as five and a quarter percent compounded, the rate of inflation is seven to ten percent, so you lose more to inflation than you earn in interest. Instead, put the bulk of your savings into investments that earn more, such as certificates of deposit and private or government-backed pension funds. See your banker for details. Or, if you are prepared for some risk, invest in stocks, bonds or real estate.



5. Choosing a bank carelessly. Banks are not all the same. Comparison shop, just as you would for any other service. Under federal law, savings banks, savings and loan associations, and credit unions can pay up to five and a quarter percent, while commercial banks may pay only five percent. At some banks, you can get free checking if you keep a minimum balance in savings and/or checking—a good deal, unless you have to keep a minimum balance as high as $500 in checking when it could be earning interest elsewhere. In some states your checking account is not only free, you also earn five percent interest on your average monthly balance if it meets minimum requirements.

6. Letting the government save for you. Don't let your employer withhold more tax money from your paycheck than necessary. Although you may get a rebate the following year, the money could have been earning interest for you. If you're afraid you might spend it foolishly, look into forced saving plans such as payroll deduction programs.

7. Not checking your bills. We probably spend untold amounts on erroneous bills. Examine each one you receive, checking your charge account and credit slips to make certain there are no mistakes. Report, in writing, any errors. The company is required by law to answer your letter and resolve the problem within 90 days.



8. Squandering a second income. That second paycheck, though welcome, puts you and your husband in a higher tax bracket. It also may mean an increase in day-to-day expenses such as transportation, eating out and clothing. The result: That extra money may actually be less than you think. Figure out your true working costs before spending that other income.—Marilyn Cooley

) WAY$ TO AVE AT THE HECKOUT OUNTER

rding to statistics, most women in rica shop at a supermarket least a week. Here to help—ten quick on how to increase your purchasing er and send you down the aisle a smile...

arge sizes, generally, cost less than l sizes. But if your family a pint-L, you may never reach the bottom box (or bottle) before spoilage or ness sets in. Wheat germ, olive oil, e to mind.

lipping coupons will put a stack of y pennies in your pocket. But think e before cutting on the dotted line. you really need that product—or lured mostly by the money off? upermarket managers smart iness people, and as such have their ys. End-of-aisle star items are not essarily on sale. Staples such as are positioned on bottom shelves need them, you bend)—while et treats beckon at eye-level lore for the money. Bulk-pack ats are a great buy—if you have ezer space or a great big family earn about unit-pricing. It's fun to ow, and it saves

o you realize that most recipes call meats in exact pounds? Yet try to d a market that packages one pound hamburger—no more, no less. If you , patronize it and tell your friends Take advantage of open dating. Rum-ge around the dairy case for the est date on milks, creams, yogurts. New products fascinating. But member to buy the smallest size for a al run. If your family loves it, only en go for quantity.

Shop late Saturday afternoon. You ay come away with smart deals on arked-down items. Bakery goods. esh fruits and vegetables

). Clichés came into being for a sound ason. You really will save if you op when you're hungry (frozen ikes, bags of chips won't look as mpting) without kids (grabby ands) and without your husband nless he's used to coming along a ovelty).



YOU CAN GET AWAY CHEAP...

Saving for a family vacation may be low on your list of priorities, especially if you believe the little you can set aside isn't enough to go anywhere worthwhile. Though you may not be able to afford a week in Paris, pitching a tent in your backyard is not the only alternative. Here are ten terrific, low-cost vacations to consider.

1. Rent a Houseboat. Swim, sun, fish and dive as you explore the 1,500 mile Intra-coastal Waterway—or a portion of it—that runs from New York to the Florida Keys. The cost is about $15 to $30 a day per person, and that includes fuel, food and a few extras. Write the U.S. Travel Service, U.S. Dept. of Commerce, Washington, D.C. 20230, for dozens of "Houseboat Holiday" ideas.

2. Take a Room on Campus. Don't worry! You won't have to crack a book. During the summer months, many U.S. and Canadian colleges open their doors to tourists. For as little as $2 a night you can enjoy the beautiful surroundings, use campus facilities, such as the pool and tennis courts, and visit the nearby sights. Dorm rooms near Disney World are only $4 a night, in the San Francisco Bay area they're $4.50 and in Pennsylvania Dutch Country, $6.50. For a list of hundreds of college facilities and costs, consult Mort's Guide, $6, at bookstores, or write Box 630, Princeton, N.J. 08540.

3. Weekend in a Big City. Inexpensive getaway packages, offering a weekend's stay at good hotels, are available in many major U.S. cities. Children under 12 can usually share your room free. Chicago, for example, offers 44 different mini-holidays, starting at $42 a night for two—and the price includes breakfast. New York City hotels often throw in theater tickets and guided tours. Do you have your eye on a favorite city? Write its Convention and Visitors Bureau.

4. Bike Somewhere. The bike routes recently created in many states lead you onto quiet, scenic roads—where pedaling is easy. One of the best: the Wisconsin Bikeway, which stretches 300 miles from Lake Michigan to La Crosse. All 12 suggested routes take you past campgrounds and hostels. Get a free guide from the Wisconsin Division of Tourism, P.O. Box 7606, Madison, Wisc. 53707. Check the bike trips sponsored by the American Youth Hostels and cycling groups in your area.

5. Take the Appalachian Trail. From Katahdin, Maine, down to Springer Mountain, Georgia, hike along 14 wooded trails, covering 2,075 miles. Simple three-sided shelters provide cover for campers. The Appalachian Trail Conference, P.O. Box 236, Harper's Ferry, W. Va. 25425 will send you a brochure.

6. Leave the Driving to Them. Take a budget bus tour or, for a modest fee, buy a special bus pass. Greyhound's seven-day New England pass costs about $59 per person. With their seven-day Ameripass, about $100, you can go anywhere in the U.S. Check Continental Trailways, too, and the bus lines near you.



7. Camp in a Teepee. At an Oregon resort, run by the Confederated Tribes of the Warm Springs Reservation, you can rent a teepee (it sleeps 10) for $10 to $15 a night. For a little extra you can go horseback riding, golfing, swimming, take hot mineral baths. Write the Kah-Nee-Ta Vacation Resort, Warm Springs, Ore. 97761.

8. Raft the Rivers. Colorado, Connecticut, Kentucky, New Jersey and many other states offer white-water raft trips for adventurous families. The cost—about $70 a day for a family of four. Check with state tourist offices for more information.

9. Paddle Through the Wilderness. The watery, wooded area at the tip of northern Minnesota is the last designated wilderness area in the U.S. For $70 a person you get a canoe, sleeping bag, tent and food—then you're on your own. There also are secluded canoe trails in Colorado, Connecticut, Florida, Georgia, Idaho, Kentucky and North Carolina. Write their tourist bureaus.

10. Do a Dude Ranch. Enjoy stagecoach rides, chuck wagon barbecues, horseback riding, Cherokee Indian dances and nightly campfires and sing-alongs for $21 a night for four at the Western Hills Guest Ranch. It's just one of seven inexpensive resorts run by the Oklahoma Tourism and Recreation Dept., 500 Will Rogers Building, Oklahoma City, Okla. 73105. For information on other ranch and farm vacations, write the U.S. Travel Service.

—*Patricia Brooks*

...ON THE TOWN FOR $25

What do other people do on Saturday night? How do they manage to have fun on a tight budget? Well, let's say you have $25 to spend and a special occasion—maybe an anniversary—to celebrate. Here's how four couples in Des Moines, Iowa, turned $25 into a good time.

▶ The Kelleys love to dance. So after dinner at one of the new and interesting restaurants in town, the Old Market Spaghetti Works, located in a renovated warehouse ($5 each), they went to the Val-Air dance hall ($5 each). The teen-age daughter of a friend was paid $3.75 (75¢ an hour) to sit with their 3 children for the evening.

▶ Ann and Bob Manelli like to go out in a group, so with ten friends they made reservations at Living History Farms, a 600 acre farm site and museum just outside town, and shared the cost of a weiner-marshmallow cookout (about $6 per couple). A hay rack and driver were available for a moonlight ride afterward (about $2 per couple). Later, they all stopped by Tiffany's, a lively lounge in Hotel Fort Des Moines, to hear live jazz and sip a nightcap ($1.25 a drink). They paid their regular sitter, a next-door neighbor, $6.50 ($1 an hour) and the Manellis had about $7 left over.

▶ The Schmidts are sports fans. So they bought tickets to the Iowa Cornets game, the women's major league basketball team ($6 each). But first they had dinner at La Pizza House: pizza-with-everything-on-it plus a few beers each (about $10). Mrs. Schmidt's mother-in-law always sits for her two grandchildren, free of charge.

▶ For the theater-loving Smiths, the decision was easy: an evening at Charlie's Showplace, a dinner theater club, where the professional performance is usually a spritely new comedy. The price ($12.50 each) includes cocktails and a buffet two hours before curtain time. Because the Smiths belong to a kind of sitting co-op (five couples take turns sitting for each other's children) babysitting costs were zero.

Are you taking full advantage of the inexpensive entertainment possibilities in your town?

—Patricia Brooks



PARTIES FOR PEANUTS



Do you shudder at the mere thought of having people "over"? Thinking of the cost . . . and the trouble? Take heart—we've cooked up 25 tips for easy entertaining—how to have eight people for a great dinner without breaking your back—or your piggy bank. **1.** Think about why you're gathering people. To impress them with Dom Perignon and Beluga? Or to have a good time—sharing laughs, views? **2.** Appetizers are supposed to be appe-**teasers.** One hot, one cold—are plenty to take the edge off. **3.** Schedule your evening. Two drinks, pre-dinner, tops. **4.** Obvious, but: Make ice days ahead and bag. It's a shame to pay a premium for frozen water. **5.** What's on sale at the supermarket? Base your menu on seasonal specials rather than selecting a recipe first. **6.** No traditional (and costly) standing rib roast for in-laws or boss-types. Instead, take the ethnic route—Mexican, Indian, Japanese—and go all the way. A conversation topic in itself. **7.** Foreign food, **si;** foreign drinks, **no!** Special extras will strain your tight budget. **8.** For comfortable (less fancy) friends, serve a piping tureen of hearty soup or chili. Good and inexpensive. One hint: Announce that this will be a soup supper. Otherwise, guests may skimp on servings, thinking more courses are coming. **9.** If serving chili or curry, set out a full circle of condiment dishes. Looks opulent. **10.** Bake your own bread or rolls. An un-costly way to show you care. **11.** Champion neglected vegetables—turnips, certain squashes, sun chokes. Bargains all. Purée and say it's "nouvelle cuisine." **12.** Salad doesn't have to be lettuce green. If Bibb is sky high, toss in string beans, corn niblets or cold rice. **13.** Extras dress up a simple meal. Even with burgers or cold cuts, a mix of mustards relishes, horseradishes puts a fine show. **14.** Jug wines a party lifesavers. To fancy u decant into something crystal-y and easier to handle. **15.** Never, never paper cups Or plastic glasses—except f a big bash. **16.** Shun the rich gooey dessert. Serve a fresh mélange or lightly poached fruits. Something is always peak season. Dazzle with yo prettiest plates. **17.** Or skip dessert entirely—and offer lavish coffee concoctions. With whipped cream, liquet spices. **18.** After-dinner cordials are back—big. You ca get away with only two, a brandy and a sweet, and ho for house gifts. **19.** Save a shot. Never let guests pour. You, as hostess, can be generous without being heavy-handed. **20.** If you see the same circle of friends, do "bring-a-course" dinners. Relieves the full-cost of ent taining solo. **21.** Plan two parties, cheek-by-jowl. The doubling-up of food buying flowers, etc., is a handy-dandy savings. Just skip on night to recoup your streng spirit. **22.** Sneaky savings. I you and a group are going t a show, town meeting or whatever, invite a bunch fo cocktails before or dessert after. It counts. **23.** Have a pool party. Pool one sitter f all small children; plan a driving pool for neighborly guests. **24.** Shop for party accessories—candles, paper napkins—anytime you see them on sale. Even if it mea buying Santas in July.

Tide goes with Maytag like tough dirt goes with picnics.



In fact, Maytag packs a 40¢-off coupon for Tide in every new washer.

And once you've tried Tide, you'll find it can really handle the tough jobs: like ground-in dirt from the picnic site; grape jelly from lunch; and those muddy knees from jumping off the swings.

So when you need to count on cleaning, put your trust in Tide.

Maytag has washers just right for extra-large loads. And you can always count on dependability. Maytag washers are built to last longer with fewer repairs than any other washer.

Tide has agreed with washer makers to supply Tide coupons packed by them and feature their washers in Tide advertising.

The makers of 15 washers pack Tide coupons in their top-loading automatics.



Enjoy smoking longer without smoking more.

Rich, full-flavored Saratoga 120's give you extra smoking time and extra smoking pleasure. And they cost no more than 100's.



Saratoga 120's

© Philip Morris Inc. 1979

Regular: 15 mg "tar," 1.0 mg nicotine—Menthol: 16 mg "tar," 1.0 mg nicotine av. per cigarette, FTC Report May '76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

"OUR JENNIFER LIVES"

continued from page 94

We had a wonderful time. When we arrived home Sunday night, Jennifer, David and Jonathan were well and happy.

An hour after we arrived home, we heard a loud thud from upstairs, then screams from Jennifer's bedroom. We found her wedged between her bed and her dresser, still screaming. Jim picked her up. Her left side was completely limp. She could not speak. Jennifer had had a stroke.

We had always known that a stroke was possible, but we never really believed it would happen. Waiting for news of Jennifer's condition through that long night, I could tell that for Jim this was the cruelest blow yet.

By morning, Jennifer was talking, her speech a little slurred, but she was talking. And she was making sense. The terror that she might be left mentally disabled was over.

Five days later Jennifer was walking, though not perfectly. Her doctors said that it was the quickest recovery from a stroke that they had ever seen. Her left arm did need strengthening, so physiotherapy was started as soon as possible. Needless to say, this entire episode was as terrifying for Jen as it was for Jim and me. But, brave child that she is, she soon returned to her usual sweet and cheerful self.

The stroke meant that Jen's third operation couldn't be delayed. We were told that the best surgeon to handle the kind of operation Jennifer needed was at the Mayo Clinic in Rochester, Minn.

If Jim's greatest agony was at the time of Jennifer's stroke, mine was during the next eight months. We had to wait that long for the date of Jen's surgery to be confirmed. We knew that until her heart was really repaired there was always the risk of another stroke. We also knew that the surgery was risky.

Finally our date was confirmed, and once again Jen, Jim and I made our way to a strange city and unfamiliar hospital. We were impressed by the Mayo Clinic—during our weeks there, the doctors and nurses were always willing, day or night, to answer our questions. But there was no help for the loneliness of being in a big city where we didn't know anyone. And we both were concerned about mounting bills that medical insurance doesn't cover.

The day of Jen's surgery, Jim and I resigned ourselves to the 12-hour wait in the lounge, too anxious and depressed to read or to talk to each other, or do anything to ease the pain of those long hours. That's why I'll never forget the nurse, who saw our misery and stayed with us until the news came that Jennifer had made it through surgery.

Jennifer's third operation was especially difficult because her heart had developed scar tissue. Nevertheless, her surgeon repaired the baffle, and bypassed the aneurysm. He effected what is considered a total repair.

Few scars

Our Jennifer is six years old now. She's in first grade—a remarkable little girl, and there are, we think, remarkable few scars left from her fight for life.

Since Jen was tiny, we trained ourselves not to smother her with our concern. Though the stroke left her with a slight limp and impaired use of her left hand, we let her do anything she feels capable of.

Our daughter is a happy, outgoing child who has never used her illness to get anything. She does well in school, she has plenty of friends and her teacher thinks she's a darling. We're very proud of her.

Right now, Jim and I are on a real high. With the deepest kind of joy, we wave our Jen off on the school bus, we watch her skip around the yard, we receive those kisses from the rosy little mouth that used to be so blue. And, at long last, we dare to believe that our Jennifer has a chance to live a normal life. What more could we ask? **End**



When the flavor really counts, make the butter LAND O LAKES®

Dazzle them.

It's so easy with this richly different ring made delectable with the sweet cream goodness of Land O Lakes Butter. Because you use refrigerated biscuits, this golden ring can be made quickly for breakfast, brunch, coffee-time or any time you want to dazzle them. Land O Lakes Butter is available lightly salted, unsalted and whipped.

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LAND O LAKES® Easy Caramel Orange Ring

1 tbsp. Land O Lakes Sweet Cream Butter, softened
1/2 c. orange marmalade
2 tbsp. chopped nuts
1 c. firmly packed brown sugar
1/2 tsp. cinnamon
2 8-oz. cans refrigerated buttermilk flaky biscuits
1/2 c. Land O Lakes Sweet Cream Butter, melted

Preheat Oven: 350° Yield: 6 to 8 servings

Grease 2 c. Bundt pan with 1 tbsp. butter. Place teaspoonfuls of orange marmalade in pan. Sprinkle with nuts. In small bowl combine brown sugar and cinnamon. Mix well; set aside. Separate biscuits. Dip biscuits in melted butter, then sugar mixture. Stand biscuits on edge in pan, spacing evenly. Sprinkle with remaining sugar mixture and drizzle with remaining butter. Bake near center of 350° oven for 30 to 40 min. or until brown. Cool upright in pan for 5 min.; invert onto serving plate.

TIP: Do not use a removable bottom tube pan. A 3-qt. ring mold may be substituted for a 2 c. Bundt pan.

How to Cat-Proof Your House
(AND HOUSE-PROOF YOUR CAT)

Roger Caras

Does your favorite cat friend have a habit that's driving you crazy? Hold on! We have expert advice on how to save your home and your sanity—and keep Kitty happy.



Cats are among the cleanest and least troublesome of all pet animals. But sometimes problems do arise. What can be done?

How should shedding be handled? Cats work to keep themselves clean by constant bathing. If you see too much cat hair around, it means that your pet needs a little assistance. Just groom your cat with a good, stiff brush. She may resist at first, but most cats come to love being brushed.

How can you make sure your cat will use the litter box? Under normal circumstances, cats will instinctively use a litter box. In fact, all an owner has to do to teach a kitten that the box is a permanent part of life is to keep the box handy and clean. Cleanliness is especially important. If the box is allowed to become noxious, a fastidious cat may avoid it, which can lead to trouble.

What happens when a cat ignores the box? At the first sign of trouble, get your cat to a veterinarian. Chances are, your pet has a disorder of the urinary system. Once the problem is brought under control, the housekeeping problem should right itself.

If a healthy cat ignores a clean, handy box, you have a serious problem. The first thing to do is to ban the cat from the room or rooms where accidents have occurred. Then place several cat boxes around so your pet doesn't have to travel too far should the problem be urgent.

When you go out of the house, leave your cat in a crate or cage with food, water, soft bedding and a clean litter tray. Confined, the cat will probably use the litter rather than its bed. With this crate technique, you may be able to wean your cat back to acceptable toilet manners. Putting the cat outside won't solve the problem. He'll probably come back in and repeat his unacceptable behavior.

Sometimes the problem can't be cured—and the cat cannot be redeemed. Each case should be discussed with a veterinarian. Fortunately, very few of America's devoted cat lovers will ever have to face this very difficult situation.

How can you keep a cat from scratching the furniture? Cats periodically need to sink their claws into a resistant surface and rake downward. They don't do this to sharpen their claws, as many people believe. They are stripping away the old, dead covering over a claw to make room for a new, sharper one that has grown beneath.

Most cats are willing to use a scratching post, which can be purchased in a pet shop or made at home (tack some carpet scraps to a log or post). Hang a toy from the top—it will attract the cat and scratching the post will come naturally. If you have a large home, you may need more than one post. Since cats very often stretch and scratch when they first wake up, it's a good idea to keep a post near where they sleep.

Sometimes a cat refuses to use the post and claws the drapes or furniture. Most cats *can* be weaned from this habit. Keep your pet in the room with you as much as you can and move the cat to the post when he first starts to scratch. Also, confine your cat with a post when you're out.

What about the occasional exception, the cat who won't stop turning household fabrics to ribbons? There is no doubt that every year tens of thousands of destructive cats are abandoned or put to death. But there is an alternative: A cat can be declawed. It should not be done routinely, but neither is it the horror some people imagine.

Declawing is a surgical procedure done by a veterinarian while the animal is under a general anesthetic. The first joints of the cat's front digits only (the hind feet are *not* done) are removed. Stitches may or may not be needed, depending on the surgeon's technique. There is discomfort for two to four days; after that the cat is fine.

Does the loss of claws put your pet at a disadvantage? Surprisingly, cats without front claws can still climb trees and fend off an enemy in a fight. It is best to keep a declawed cat in, of course, but I don't think any cat should be allowed to wander.

Declawing should not be done unless it is really necessary, but it is not cruel. In fact, it's owners who have a lot of trouble adjusting to the idea—not cats. And it is better to have a cat declawed than destroyed. **End**

Illustration by Kevin Callahan

There's no other dog food like it.



Ken-L Ration Special Cuts: It's more nutritious than prime beef. Dogs prefer it over burger dog food.

It's a cut above beef. When it comes to nutrition, Special Cuts is actually better for your dog than a butcher's best beef. It has all the nutrition your dog needs every day.

It's a cut above burger dog food. When it comes to good taste, dogs prefer Special Cuts over the leading burger dog food. We proved it with tests in homes like yours. So, you see, Special Cuts really is something special.

A cut above burger.
A cut above beef.





Walk Yourself Thin

continued from page 76

sustained periods of time on a regular schedule, they had significantly improved their cardiovascular fitness, which is always measured by maximal oxygen consumption. The more oxygen that can be transported to the tissues where it is needed for exercise, the higher the fitness level. The higher the level, the harder the person can exercise and the more calories can be spent.

If you are seeking increased fitness along with weight loss, you must do your walking or stair climbing briskly enough to get your pulse rate into "the target zone," the heart rate required to effect that benefit. Dr. Zohman has worked out a range of pulse rates, using age as a guide.

It's important to take your pulse before you start exercising to find out your resting heart rate, then to take it again during exercise and record it on a special card. When people start to exercise for the first time in many years, they are often frightened by the more rapid beating of their hearts, not realizing that an increased rate is necessary in order to pump the needed oxygen and that a certain amount of increased rate is not dangerous.

Suppose, for example, you are an out-of-condition though basically healthy 35-year-old woman who hasn't exercised regularly in years. You might have a resting heart rate between 70 and 80. Your aim in the Weight Watchers program will be to get your pulse up somewhere between 130 and 157 per minute while exercising. This is 70 to 85 percent of your maximum heart rate, and is the range recommended by the American Heart Association for achieving fitness and heart health.

Start slowly

When you first start an exercise program, your pulse rate will reach that range more quickly than it will later when you are more fit. That's why you must start off slowly and work up to a full program. PEPSTEP recommends taking your pulse four times every session while you are conditioning yourself, and only during one session a week after that.

The volunteers in Dr. Zohman's test group not only increased their fitness, but all of them also reported that they "felt better." According to Dr. Richard B. Stuart, professor of psychology and social work at the University of Utah and psychological director of Weight Watchers for the last five years, physical activity gives a definite psychological lift, reducing tension and elevating mood. Besides, Dr. Stuart says, the very act of participating in such a progra helps improve one's attitudes and prog nosis of weight loss. "It's symbolic," h says, "of your commitment. It prove you are really serious. You can see i measure it, feel it, count it. When yo make a decision not to eat a cookie, no body can see that. It's a non-action. Bu if you do something as tangible as exer cising it helps you feel you are in con trol, a feeling that then extends to othe areas of your life."

"Exercise for weight loss, especiall for people very much overweight," ex plains Dr. Zohman, "must be a specia kind. It won't do, for many reasons, fo a heavy person to overtax herself, trau matize her joints, put stress on her heart become exhausted. We're not interested in building muscles, spot reducing, im proving skills or endurance. The kind o physical activity that promotes genera weight loss is *low-intensity, long-dura tion* and *regular*. The walking and stair climbing programs are just that, and they give the fringe benefit of improv ing general fitness as well."

Five times weekly

The activity, she stresses, must be performed at least five days a week for the prescribed lengths of time—up to 30 minutes a day for stair climbing or 60 minutes a day for walking. Each day's exercise includes five minutes of simple



warmup calisthenics to loosen up the muscles and joints. The calisthenics are extremely easy for most people—they are done standing up, in street clothes and they require only a small space. "We designed them," says Dr. Zohman, "to be done at home, in the office or even a rest room."

Here are the highlights of the new Weight Watchers Personal Exercise Plan.

CHOOSING YOUR PLAN: Pick the plan that best fits into your life, then follow the graduated program exactly as it is outlined. It is important to work up to your maximum effort slowly.

Walking can be done almost anywhere, is interesting and can be a time for socializing. And it's easy. Stair climbing takes less time and is a little more strenuous than walking.

SELF-TESTING: The program includes a general-fitness quiz and a medical questionnaire to score yourself, and a recommendation that the *Journal* has always made: Before you start any exercise program, check with your doctor to be sure it is safe for *you*.

WARMUP CALISTHENICS: Each exercise session is preceded by five-minute warmups that are easy stretching motions done at a leisurely pace.

THE WALKING PROGRAM: At the end of ten days, if you choose the walking program, you will walk for 55 minutes (after five minutes of warmups) at least five days a week. You must walk briskly, though you shouldn't be out of breath or exhausted during or after your walk.

The ten-day "starter" program adds more walking each day. The first day, you walk for only ten minutes, then add five minutes each successive day until, on the tenth, you are walking 55 minutes. You'll have to move along at a pace that gets your pulse rate into the target zone. During your conditioning period, you take your pulse four times every session. If your pulse is too high, you must stop or slow down. If it's too low, you are encouraged to speed up. When you are walking the full 55 minutes a day, you take your pulse just one session a week.

Walk at a steady pace *without stopping*. Now your aim is to slowly increase the distance you walk in the same amount of time. The goal for the average adult is to cover three or four miles in an hour.

FITNESS MAINTENANCE PROGRAM: Continue to walk five days a week until you reach your goal weight. If you're able to maintain your desired weight, then you may want to cut your exercising back to three times a week.

TIPS FOR WALKERS: You can do your walking anywhere you like. Most people prefer to be outdoors, looking around, enjoying the fresh air. Start out, if possible, on level ground, walk up slopes or hills during the middle of your session, then finish on level ground again. In inclement weather, you may wish to walk around a shopping mall or an indoor track, if you can find one. Just remember to keep up the pace. Do *not* stop to chat, window shop or do errands. If you come to a red light, walk back and forth (just as joggers keep on moving) until the light changes and you can proceed.

If you like, make your walk a time to socialize by recruiting other people to go with you. Just be sure they walk at your optimum pace and don't hold you back or make you go too fast.

Dress appropriately for the weather, in layers that can be shed if desired. Always wear comfortable, well-fitting shoes—not slippers or clogs.

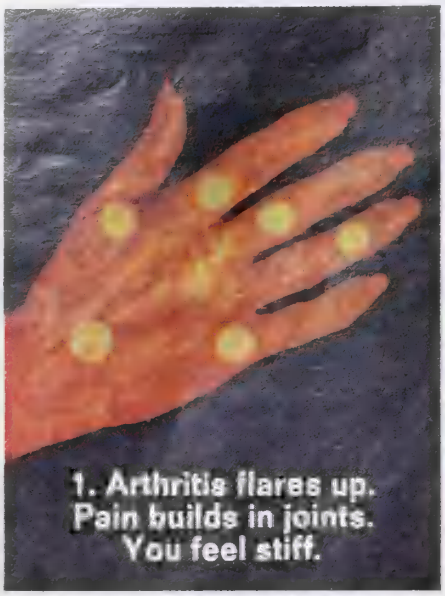
STAIR-CLIMBING PROGRAM: Stair climbing takes only 30 minutes a day, but you must look for an office building, apartment house, maybe a school, that has sufficient stairs and corridors.

For the first week, you'll do five minutes of warmups, then *(continued)*



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Walk Yourself Thin

continued

climb only three floors (a floor is usually measured as two flights of about eight steps each, interrupted by a small landing and a turn) every day, alternating each floor with approximately a minute or two of steady walking up and down the corridor.

Each week thereafter, add another floor to your daily climb. By the tenth week, your trip will have increased to 12 floors (24 flights)—and it won't be hard. Note: through ingenious planning, the program makes this possible in a building with one, two or three (or more) floors above ground level, and further, the program is being adapted to stair-climbing in your own home (if your home has more than one floor). For the first three sessions, if you are climbing at home, you do five minutes of warm-ups, then climb up a flight of stairs—in most homes, about 13 steps, walk around the next floor for a minute or two, then come back down. You gradually build up the number of times you go up and down until, by the tenth week, you are climbing up 12 floors or 24 flights without discomfort.

Be sure to take your pulse four times during each session for the first week to see if you are within the target range. After that, just one session a week will be all right. If you become breathless or your pulse goes too high, you must stop and rest.

FITNESS MAINTENANCE PROGRAM: Continue climbing the same number of flights five days out of every week, and try to increase your speed without becoming breathless. When you reach your goal weight, keep up the five-day schedule until you see your weight stays stable. Then, feel free to cut the stair-climbing back to three times a week if you want.

TIPS FOR STAIR CLIMBERS: Climb steadily, rhythmically, no faster than 100 steps a minute in the beginning, followed by a walk of about a minute. If your leg muscles or Achilles tendons begin to ache, try placing your whole foot, rather than just the ball of your foot, flat on each step as you climb. This should relieve the problem.

Wear low-heeled comfortable shoes. Don't climb right after meals.

So, let's go! Now there is an exercise program designed just for people who don't like exercise—there's no sweat, no strain, no looking silly. Stay with it, and Weight Watchers promises you will end up in much better shape—both inside and out. **End**

MAY RECIPE INDEX

Here is a listing of recipes appearing in this iss including those from the Journal kitchens a advertisements. All have been tested by our ho economists.

APPETIZERS
Refried Bean Dip p. 136
Seviche p. 136

DESSERTS
Chocolate Sauce in Minutes p. 179
Cream Cheese Brownies p. 141
Magic Chocolate Soufflé Pie p. 182
Rum Flan p. 139
Snow Pudding with Golden Sauce p. 180
Strawberry Dream Pie p. 177
Yummy Health Cookies p. 181

ENTREES
All-American Meat Loaf p. 129
Cheese Omelet Jardiniere p. 181
Coq Au Riesling p. 180
Delhi Meat Loaf p. 129
Enchiladas Verde p. 136
Hazard's Hefty Casserole p. 179
Meat Loaf en Croute p. 128
Meat Loaf Italiano p. 130
Meat Loaf Olé p. 130
Polynesian Chicken Livers p. 181
Pork Loin Acapulco p. 136
Quick and Easy Ravioli p. 148
Quick-As-Lightning Beef Stew p. 179
Sauerbraten Meat Loaf p. 130
Spaghetti Carbonara p. 179
Spaghetti Meat Sauce p. 180
Stir-Fried Pork p. 182
The Old El Paso Meat 'N Potatoes p. 129
The Old El Paso Quick Frank Kabobs p. 129
Tivoli Meat Ring p. 129
Turkey Roll-Ups p. 179

MISCELLANEOUS
Corn Tortillas p. 135
Corned Beef Hash Variations p. 148
Frozen Pizza: Top It With . . . p. 148
Hint of Mint Pea Soup p. 182
Margaritas p. 136
Mushroom Gravy p. 128
Pretty It Up with Pimientos p. 148
Salsa p. 139

SALADS
California Avocado Refresher p. 91
The Old El Paso Tostado Salad p. 129
24-Karat Salad p. 181
Veracruz Salad p. 138

SIDE DISHES
Baked Potatoes with Dilly Creamed Peas p. 179
Crunchy Veggie Toss p. 181
Refried Beans p. 138
Sunset Rice p. 138

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BREAKING THE GUILT HABIT

continued from page 103

required of your typical middle-class suburban mother, my children had not been appreciably scarred for life. So I forgave myself.

I must admit that I had some help in that act of mercy. A very dear friend shared with me an exercise for self-forgiveness that I'll now pass along to you. She told me that she became so tired of carrying the burden of self-hatred that she decided to forgive herself for all past wrongdoing, for all her inadequacies.

One day when she was totally alone in her house, she took the phone off the hook and pulled the drapes. She went into the bedroom, sat down on the bed and started to consciously recall as many things as possible over which she had felt guilty. She went way back to a time when she was not a mother, but just a small child herself. "I relived each guilt-provoking incident, each painful sin, one at a time. Then I reminded myself that to forgive is divine, even if you are forgiving yourself. I said to myself, 'I forgive you,' in every way I could think of, for every one of my sins. When I was done, I felt truly, deeply forgiven—by the only one who really *can* forgive me. Now, I make a point of doing this kind of soul-searching regularly."

In doing the exercise myself, I learned that you really can forgive yourself for past deeds and be more discriminating in what you feel guilty about. This is an important thought—usually the guilt that mothers feel is intensified because it is piled on old guilts. So, to begin freeing yourself from that burden, you, as my friend and I did, will want to forgive yourself for things that have nothing to do with your children: The time you were 16 and went too far with a boy; the time you were eight and stole candy bars from the grocery store; the time you were ten and hurt your mother's feelings.

When you've dealt with old regrets, you can think about your motherhood guilt list. It might include such things as not combing the children's hair often enough or not patching your son's jeans (nothing to feel inadequate about, but you do). Then, of course, there's hitting and yelling.

Feeling guilty

If you feel guilty about any of your feelings, remind yourself that you cannot control the way you feel, only the way you behave. If you berate yourself because you don't always love being a mother, color those feelings normal and take them off the guilt list.

At the same time you're forgiving yourself, it's useful to think about and deal with all of the external events that may have undermined your self-esteem. Go all the way back—beyond your adulthood and motherhood. I remember, for example, a first-grade teacher who humiliated me for talking in class. *Her* actions were inappropriate—she flew into a rage, pulled me out of my chair and shook me while the other children giggled nervously—but *I* felt worthless and guilty. You, too, probably can remember many times when people needlessly made you feel ashamed. Seeing that those humiliations were the mistakes of others and not yours, can help you to understand where you are today in the esteem department.

Mothers sometimes lose perspective on what is worthy of their remorse; they tend to see all failures in the same light. I think it's useful, therefore, to sort out the different kinds of transgressions and allot only a reasonable amount of guilt to each kind. You can start by dividing your failures into categories of "Things over which I have no control," and "Things I can control." On the first list, you might put birth complica-



ns, poor health or other acts of God. You *do* have control
r whether you take good care of your child, and how you
on your feelings. If you don't, for example, feed your child
en he or she's hungry, or you let your baby wear a wet
per all day, put those sins on the second list.

One way to start building a healthy self-image is to make
st of all your good qualities. It could start like this:

good points:
really love my children.
want to be a good parent and I work toward that goal.
try to be fair and understanding.
resist the impulse to spank my children when they don't
really deserve it.

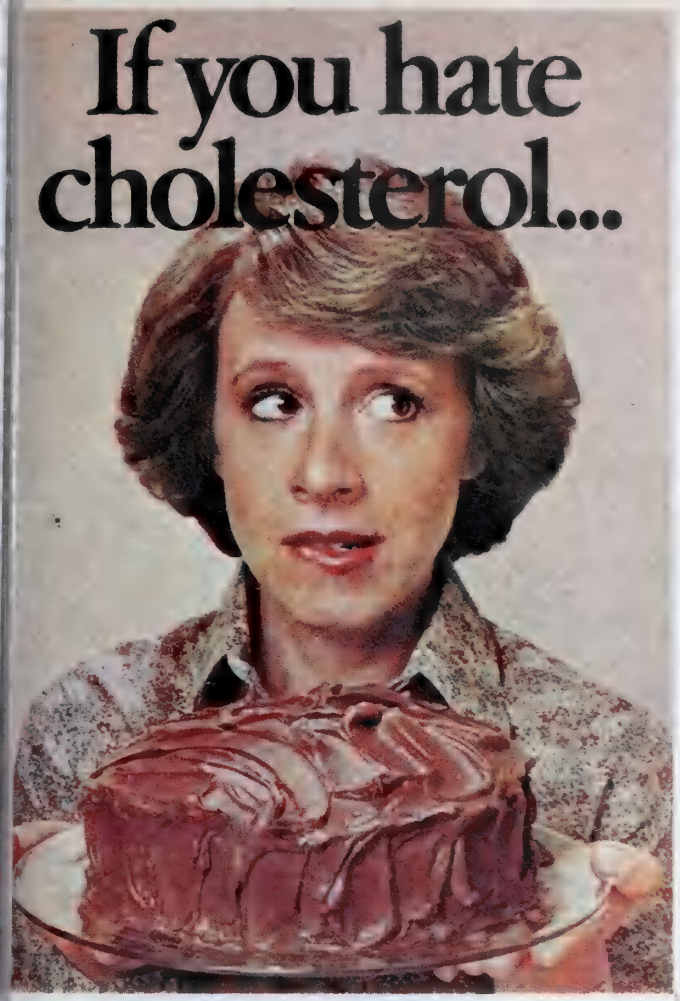
u might add to your list qualities that aren't necessarily re-
ed to parenthood—honesty, willingness to help others,
dness, diligence at work.

Next, list what you see as your inadequacies. For example:

bad points:
I'm impatient.
I'm disorganized.
Sometimes I'm unfair to the children.
Sometimes I let the kids get away with murder because I
don't want to bother disciplining them.
I don't keep the kids as clean as I should.

When you've completed your lists, change "Bad points" to
ad, "Points that need working on." Then, rearrange the list,
ading it with the point that can be improved with the least
fficulty. Estimate how long it will take you to make the im-
ovement. Now you have your first goal and you can begin
rking your way through the list.

When you have successfully met a goal, reward yourself.
ad, as closely as is possible, make the reward fit the accom-
shment. Indulging in a TV show in mid-afternoon or buy-



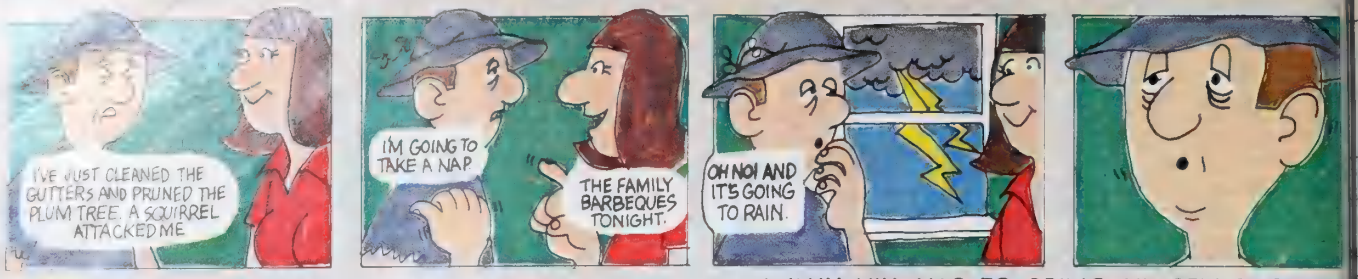
ing a new lipstick might be appropriate for a small success. To reward a medium success, you might allow yourself the time to read a book you've been dying to get at, while a large success might just warrant a new dress. The best reward of all, I feel, is taking some time for yourself.

As you achieve more success, you will build up your confidence. You'll feel better about yourself, too, if you do things you have been putting off. Here are some suggestions of things to do to help yourself:

- Straighten a closet; reorganize one of the kitchen cupboards; clean out the garage.
- Write a long-overdue letter; put photos in a photo album.
- Make a list of three tasks to do in a week and then *do* them. (But don't set up anything too formidable.)
- If you feel guilty because you don't read aloud to your children, read them a story that's not too long.
- Don't wait until you feel guilty for being overdue in making medical and dental appointments for the children. Just pick up the phone and make them.
- Do something you do well, but haven't done for a while. If, for example, you bake a fine apple pie, bake one.
- Start the day out as right as you can. Sleeping late is, for me, a lousy trade-off for the bad feelings that come if I don't give the children a good start in the morning. I have long recognized that giving Lisa and Adam a well-balanced breakfast nurtures my sense of well-being just as much as it nourishes them.

It's worthwhile to remember that there are areas outside the home in which we can all do well and thus feel much better about ourselves as individuals. Think of the things you've been wanting to do and then set about finding ways—as you might for your child—to do them. You might want to try drawing, painting, gourmet cooking, music, crafts, a job outside the home—whatever. You don't have to be a gifted painter or gifted musician to know the feeling *(continued)*

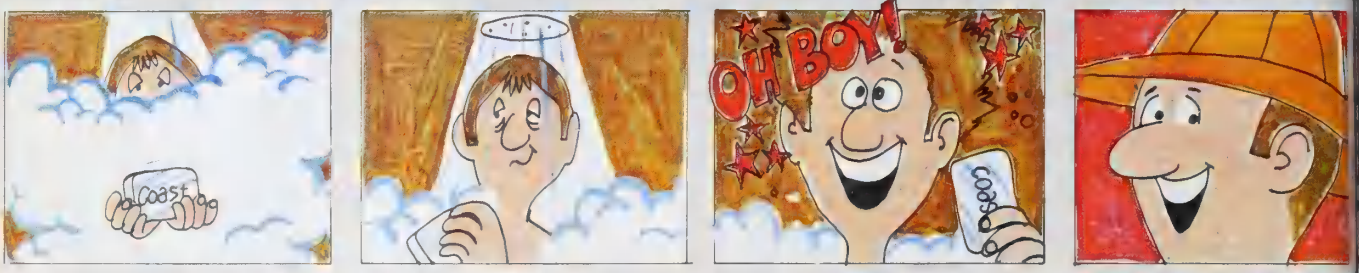




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BREAKING THE GUILT HABIT

continued

ccomplishment. The goal of perfection virtually guaran- failure.

lothers often find that they have more anger than they can l with. Remember: You can redirect the energy of your an- into positive and constructive activity. One good use of ex- energy can be volunteer work. A stimulating project can ind you, if you are a housewife, that you are capable of ng something beyond housework and child care. And, of rse, built into most volunteer jobs is the opportunity to t people and make new friends.

Self-esteem and self-care

o be effective, any program for building self-esteem must nde the decision to be good to yourself—to treat yourself way a worthy person deserves to be treated. I said, for nple, that I get up early to get my children off to a good t every day because it makes me feel good about myself. I must add that to be able to do this I must get enough p.

n fact, to do most of the reinforcing things I do—from ng care of my family to doing the work that is my very —I have to take care of myself. That includes getting per rest, eating nutritious foods and keeping the vices (cof- alcohol, tobacco) in relative moderation, and regular lical and dental exams.

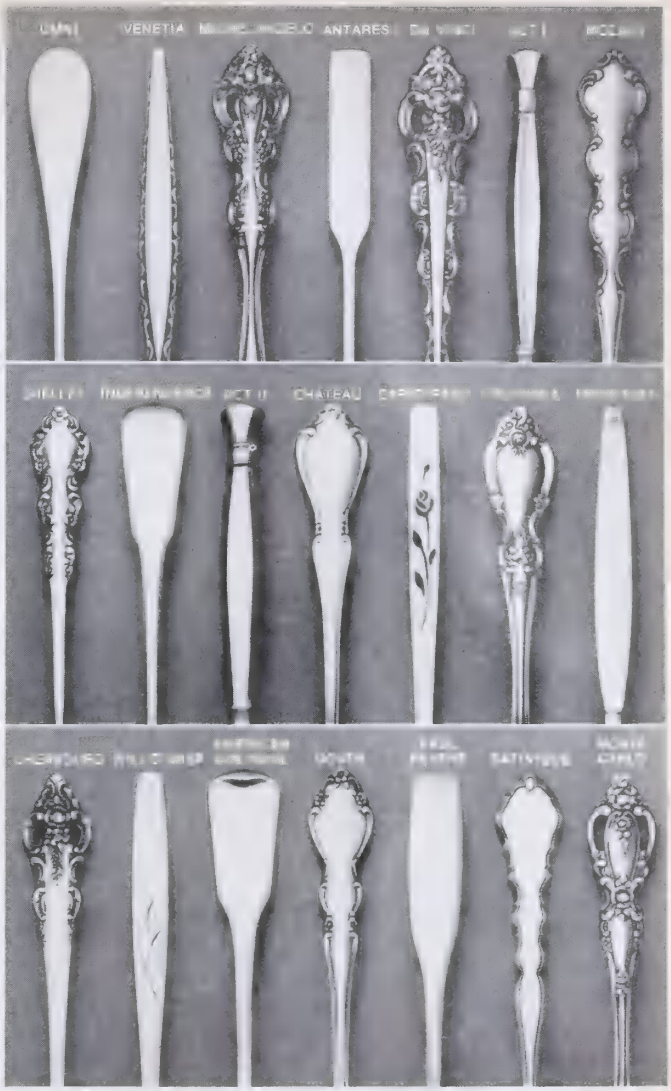
take care of my mental health by having balance in my (admittedly, I'm not always as successful as I'd like to be this, but it's a goal I continue to work toward). Seeing nds, reading, going to the movies once in a while, going concert, swimming and playing Frisbee—and even watch- TV—give my life balance. Balance for me is loving family good and reinforcing work . . . and fun.

ou *are* worthy and deserving. You have a right to be ted well by the people around you. But most of all, you e a right to good treatment from the person closest to —yourself.

End



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Sense of Scents

The sweet smells of fresh-baked bread or a bouquet of jonquils occasionally give way to less-pleasant odors. Here are tips on how to deal with them.

Nature's way (and simplest): good ventilation, aided by an exhaust fan or electric purifier, helps remove offensive odors to keep the home pleasantly fresh-smelling. Air "sweeteners"—the aerosol, plunger bottle or wick types—mask undesirable odors with their own lemon, peppermint or chlorophyl fragrances.

Good cleaning is the best method to avoid certain unpleasant odors by eliminating their sources. Wash out garbage cans, spray with germicidal cleanser, line them with plastic bags. Air the bedding regularly; wash the refrigerator interior, empty and clean pantry regularly.

Various old-time methods still serve well for specific kitchen and cooking odors. Cinnamon spilled on a hot stove will disguise the odor of burned food. Add a few walnuts to the pot with cabbage to reduce the characteristic odor. Soaking fish in boiling salt water for a few minutes is said to prevent the usual odor while cooking. A saucer of vinegar exposed in the kitchen minimizes the cooking odors of broccoli, Brussels sprouts, cauliflower. Deodorize plastic food containers by placing them in the freezer for a couple of hours.

In the refrigerator, an open container of baking soda or pieces of charcoal will keep it fresh-smelling. Oil of wintergreen also is recommended for this purpose.

More sweetening ideas:

Kerosene and gasoline odors on your hands or clothing can be neutralized by rubbing with vinegar or a strong salt solution. • Rubbing with a piece of cut lemon can remove onion scent from your fingers. • To freshen a room quickly when guests are on the way, light the fireplace logs and toss in a handful of juniper berries. • Overcome stale tobacco odor by placing open bowls of vinegar in the room. • Keep a supply of scented soap in your linen closet, in stored suitcases and storage drawers. The wrappers of soap cakes also will serve well in those places to maintain a pleasant fragrance. • The reek of mothballs can be counteracted by scrubbing with a mixture of equal parts rubbing alcohol and lemon juice or vinegar. • One means of overcoming paint odor is to burn dried orange peels in a metal ashtray, or better still, light some cologne, which also can clear the paint odor. • Musky skunk odor brought in by the pet, some sources say, can be eliminated with tomato juice, applied liberally to the animal's coat; but in any case, follow with a wash of soap and water.

Other items that counteract odors or produce a pleasant scent of their own are pine cones, incense, herbs, gin, hickory or cedar chips in the fireplace, peppermint, sachet of lavender, oil of wintergreen, cedar oil, perfumes, potpourri (an open jar of various fragrant flowers, herbs, spices and oils, mixed to provide a desired aroma) and ice cubes. **End**

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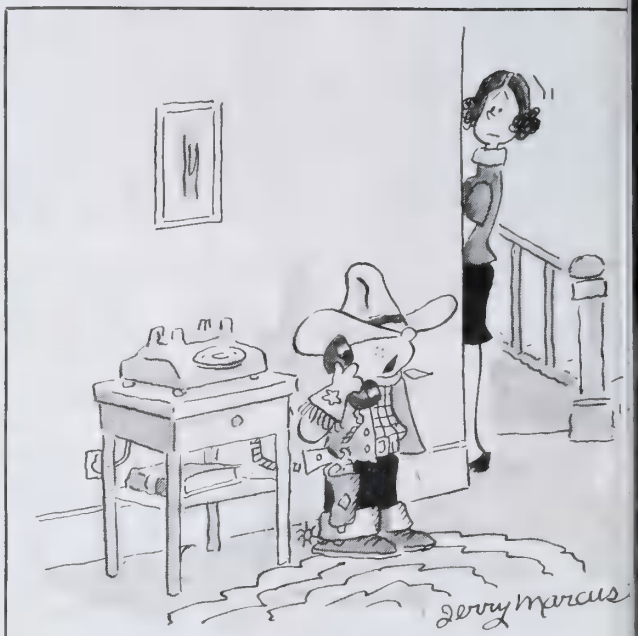
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of ten Americans think the country's leaders lie to th consistently.

Seeing questionable morals this close—coming from pec so highly regarded—we begin feeling doubly foolish ab our honesty, and we adopt our leaders' standards. Inde some parents now teach their own children to lie.

A recent Associated Press story reports that mid income parents in Austin, Texas, have been *(continu*



"Operator, I'll speak to anyone in Tombstone, Arizona!"

HOW HONEST ARE YOU?

continued from page 83

heartbeat, would suffice. These doctors make use of the more elaborate (and possibly harmful) tests because they constitute evidence that may protect them in potential malpractice suits. Too many doctors also rely on placebos—sugar pills and other treatments that have no intrinsic medical value. Sissela Bok, lecturer on medical ethics at Harvard Medical School and author of *Lying*, reports that these same patients "often have an acute sense of injury and a loss of trust at learning that they have been duped." No doubt placebos can be helpful—oftentimes patients only need reassurance to be healed. But doctors who use them indiscriminately are treating their patients like children rather than adults.

Our defense lawyers stall trials by telling judges they need time to investigate new evidence. They thus hope to wear down the plaintiff until the case is either settled on terms more favorable to the defendant, or dismissed altogether. Moreover, lawyers will deceive their own clients for personal benefit. A divorce lawyer, for instance, may exaggerate the ferocity of an opposing attorney to make the case seem tougher and to have taken more time, and thereby to justify charging a higher fee.

Our national leaders put dishonesty to purposes they tell us are noble. Dwight Eisenhower thought he was lying for the public good when he denied that U-2 planes were flying over Russia. Lyndon Johnson thought he was serving the nation when he repeatedly misrepresented the U.S. involvement in Vietnam. Richard Nixon compounded lies by saying the Watergate cover-up was aimed at some public good. But all these lies backfired, undermining the social order they were intended to strengthen. Even more disastrous were their long-range results: A recent poll indicates that nearly seven out





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's the Dream Whip that s every Dream Pie its amy light texture and h luscious taste.
Vhip up a Strawberry am Pie tonight. It's k and easy, and your ily will love every amy light bite.



Strawberry Dream Pie

1 pint strawberries, hulled
JOHNSTON'S® Graham Cracker READY CRUST**
1 envelope DREAM WHIP® Whipped Topping Mix
1/4 cup sugar
1 package (8 oz.) cream cheese, softened
1/2 teaspoon vanilla (optional)

Arrange whole strawberries in bottom of pie crust. Prepare whipped topping mix as directed on package. Gradually add sugar to cream cheese in bowl, blending well. Add vanilla. Fold in whipped topping and spoon into pie shell over berries. Chill at least 3 hours. Garnish with additional whole strawberries, if desired.

Or use 10 JOHNSTON'S Graham Cracker Tart Shells.

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HOW HONEST ARE YOU?

continued

telling their preschool children to deliberately flunk a test that screens all kindergarten applicants. Failing grades label children "educationally handicapped" and entitle them to free classes, while children who pass the test must pay.

Meanwhile, welfare recipients coach their children to lie to caseworkers. (And this is only one of the ways these payments are abused—a substantial number of people collect money they're not really entitled to.)

And according to a recent survey in *The New York Times*, an increasing number of parents are donating lavish sums to medical and law schools, to unofficially "buy" admission for their children. They are thus providing their daughters and sons with an ancillary education in the benefits of bribery.

Is virtue rewarding?

What will restore honesty to our lives? Can we learn to live together in trust? We can't return to old-fashioned family life, though some conservatives argue that this is the only answer. Our options are less romantic: We must offset the remoteness of big business, scrutinize our politicians and remove incentives to dishonesty.

Consumer representation can bring us closer to large corporations. By policing drug companies, food makers and auto manufacturers, we can encourage th to produce decent merchandise and vertise it honestly. Consumer repres tation on the governing boards of la hospitals will likewise help us und stand and control modern medicine.

To dispel our distrust of natio leaders, we should insist on inspect and investigators at every governm level. We should also force our le lators to reveal their sources of inco so we understand the motives that behind their voting.

We should rebuild social programs that honest people aren't penalized. example, we could substitute "well p for sick leave: We could give peo bonuses when they consistently rep to work. A West Coast company is ready reporting good results with su a program.

A final corrective, and one that's ready come into play, is the establi ment of "professional ethics" cours Nearly all medical schools and an creasing number of law, engineering a architecture schools are trying to aw en their students to the subtler mo issues involved in their day-to-day int actions with patients and clients.

These proposals offer hope, but th can't, of course, bring us back to a ti when some things seemed intrinsica right, and others wrong. But then, ho esty has never been easy.

And perhaps that's the answer: T highest morality involves sacrifice. genuinely moral person doesn't do wha right unthinkingly. Honesty involv choice, and a deeply thoughtful sen of responsibility—to others as well oneself, to strangers as well as on family, to institutions as well as in viduals. Surely, that's much worthie and harder—than unthinking conform to the rules. **E**

SUGGESTION FOR A SPOUS

By Gladys McKee Iker

Hand in hand,
Let's elope,
For a single day,
Let's find hope
And love the way
It was before
Any day became
A chore.
Just for a day
Let laughter run
Like little boys,
Just having fun,
A friend will keep
The children, house,
The kittens and
Worry's mouse,
Let's hand in hand
Be as gay and fine
As a satin, dollar
Valentine.

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HOW THEY SEE IT

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PREJUDICE

He that is possessed with a prejudice is possessed with a devil, and one of the worst kind of devils, for it shuts out the truth, and often leads to ruinous error. —*Tryon Edwards.*

Prejudice is a mist, which, in our journey through the world, often dims the brightest, and obscures the best of all the good and glorious objects that meet us on our way.—*Tales of Passions.*

He who knows only his own side of the case knows little of that.—*J. Stuart Mill.*

All looks yellow to the jaundiced eye. —*Pope.*

Prejudice is the reason of fools.—*Voltaire.*

Ignorance is less remote from the truth than prejudice.—*Diderot.*

Reasoning against a prejudice is like fighting against a shadow; it exhausts the reasoner, without visibly affecting the prejudice. Argument cannot do the work of instruction any more than blows can take the place of sunlight.—*Charles Mildmay.*

Prejudice is the child of ignorance.—*Hazlitt.*

The prejudices of ignorance are more easily removed than the prejudices of interest; the first are all blindly adopted, the second willfully preferred.—*Bancroft.*

The confirmed prejudices of a thoughtful life, are as hard to change as the confirmed habits of an indolent life: And as some must trifle away age, because they trifled away youth, others must labor on in a maze of error, because they have wandered there too long to find their way out.—*Bolingbroke.*

Beware of prejudices. They are like rats, and men's minds are like traps; prejudices get in easily, but it is doubtful if they ever get out.

There is nothing respecting which a man may be so long unconscious, as of the extent and strength of his prejudices.

Opinions grounded on prejudice are always sustained with the greatest violence.—*Jeffrey.*

The prejudiced and obstinate man does not so much hold opinions, as his opinions hold him.—*Tryon Edwards.*

When the judgment is weak the p
udice is strong.—*O'Hara.*

Every one is forward to complai
the prejudices that mislead other
and parties, as if he were free, and
none of his own. What now is the c
No other but this, that every man sh
let alone others' prejudices and exan
his own.—*Locke.*

Prejudice and self-sufficiency, n
rally proceed from inexperience of
world, and ignorance of mankind.—
dison.

Even when we fancy we have gr
wiser, it is only, it may be, that
prejudices have displaced old on
Bruce.

In forming a judgment, lay y
hearts void of foretaken opinions; c
whatsoever is done or said, will be n
sured by a wrong rule: like them
have the jaundice, to whom everyth
appeareth yellow.—*Sir P. Sidney.*

Some prejudices are to the mind w
the atmosphere is to the body; we c
not feel without the one, nor brea
without the other.—*Gréville.*

Every period of life has its pecu
prejudice; whoever saw old age that
not applaud the past, and condemn
present times?—*Montaigne.*



Prejudices may be intense, but their ves are limited.—To discover when ey are dead and to bury them, is an nportant matter, and no unseemly tears ould be shed at their funerals.

Human nature is so constituted, that l see, and judge better, in the affairs other men, than in their own.—*Ter-ce.*

He that never leaves his own country full of prejudices.—*Goldoni.*

To divest one's self of some preju-ces, would be like taking off the skin feel the better.—*Gréville.*

Prejudice is the conjuror of imagi-ary wrongs, strangling truth, over-owering reason, making strong men eak and weak men weaker. God give s the large-hearted charity which peareth all things, believeth all things, opeth all things, endureth all things," hich "thinketh no evil!"—*Macduff.*

Prejudice is a mist, which in our jour-ey through the world often dims the rightest and obscures the best of all ne good and glorious objects that meet s on our way.—*Shaftesbury.*

Instead of casting away our old prej-dices, we cherish them to a very con-iderable degree, and, more shame to urselves, we cherish them because they re prejudices; and the longer they have lasted the more we cherish them. We are afraid to put men to live and trade each on his own private stock of reason, because we suspect that this stock in each man is small, and that the individuals would do better to avail themselves of the general bank and capital of nations and of ages.—*Burke.*

Never suffer the prejudice of the eye to determine the heart.—*Zimmermann.*

No wise man can have a contempt for the prejudices of others; and he should even stand in a certain awe of his own, as if they were aged parents and monitors. They may in the end prove wiser than he.—*Hazlitt.*

Because a total eclipse of the sun is above my own head, I will not therefore insist that there must be an eclipse in America also; and because snowflakes fall before my own nose, I need not believe that the Gold Coast is also snowed up.—*Richter.*

Prejudices, it is well known, are most difficult to eradicate from the heart whose soil has never been loosened or fertilized by education; they grow there, firm as weeds among rocks.—*Charlotte Brontë.*

To lay aside all prejudices, is to lay aside all principles.—He who is destitute of principles is governed by whims. —*Jacobi.*

When we destroy an old prejudice we have need of a new virtue.—*Mad. de Staël.*

None are too wise to be mistaken, but few are so wisely just as to acknowledge and correct their mistakes, and especially the mistakes of prejudice.—*Barrow.*

Prejudices are what rule the vulgar crowd.—*Voltaire.*

Moral prejudices are the stop-gaps of virtue; and as is the case with other stop-gaps, it is often more difficult to get either out or in through them, than through any other part of the fence.—*Hare.*

Prejudice is never easy unless it can pass itself off for reason.—*Hazlitt.*

The great obstacle to progress is prejudice.—*Bovee.*

Prejudice squints when it looks, and lies when it talks.—*Duchess de Abrantes.*

When prejudices arise from a generous though mistaken source, they are hugged closer to the bosom; and the kindest and most compassionate natures feel a pleasure in fostering a blind and unjust resentment.—*Lord Erskine.* **End**

From THE NEW DICTIONARY OF THOUGHTS, originally compiled by Tryon Edwards, D.D. Used by permission of Doubleday & Company, Inc.

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MONTH OF MENUS

continued from page 125

SPAGHETTI CARBONARA
pictured on page 124

This is my old standby when I'm too tired to cook.

8 ounces thin spaghetti
½ pound sliced bacon, cut in 1-inch pieces
⅔ cup chopped green onions
1 can (4 oz.) sliced mushrooms, drained
¼ cup butter or margarine
1 cup (4 oz.) shredded Cheddar cheese
⅛ teaspoon salt
Dash pepper
3 egg yolks, lightly beaten

In large saucepot cook spaghetti per package directions. Drain; keep warm.

Meanwhile, in large skillet cook bacon over medium heat until crisp. Remove from pan with slotted spoon and drain on paper towels; set aside. Reserve 2 tablespoons bacon drippings in skillet; discard remainder. Add green onions and mushrooms; sauté over low heat for 2 minutes. Remove from skillet; set aside with bacon.

In same skillet melt butter or margarine. Add spaghetti, bacon, onion-mushroom mixture, cheese and seasonings; toss lightly with fork to combine. Add egg yolks gradually and mix well. Remove from heat. Toss and serve immediately. Makes 6 servings, about 340 calories each.

TURKEY ROLL-UPS

Turkey cutlets (thinly sliced breast meat available in most supermarkets) is a versatile way to serve turkey.

¼ cup flour
¾ teaspoon salt
⅛ teaspoon pepper
1 pound (about 8) turkey cutlets
½ pound (8 slices) ham, thinly sliced
½ pound (8 slices) Swiss cheese
1 egg, slightly beaten
3 tablespoons butter or margarine
1½ tablespoons salad oil
¼ cup dry vermouth
2 tablespoons lemon juice

In small bowl combine flour, ¼ teaspoon salt, pepper; set aside. Place turkey cutlets between sheets of waxed paper and pound until about ⅛ inch thick. Place one slice each ham and cheese on each cutlet. Roll up, jelly-roll fashion; fasten securely with toothpicks. Roll cutlets in flour mixture then dip in egg.

In medium skillet melt butter or margarine, add salad oil. Add turkey, sauté on all sides turning with tongs until golden brown; discard drippings. Add vermouth, lemon juice and remaining salt. Bring to boil; cover and simmer over low heat 25 minutes or until turkey is tender.

Arrange roll-ups on serving platter; remove toothpicks and keep warm. Reduce pan juices in skillet by ⅓. Strain over meat. Serve immediately. Makes 4 servings, 580 calories each or 290 calories per roll-up.

BAKED POTATOES WITH DILLY CREAMED PEAS

Dill and sour cream add pizazz to good old frozen peas.

2 tablespoons butter or margarine
1 package (10 oz.) frozen peas, thawed
1 cup (8 oz.) sour cream
2 tablespoons milk
¼ to ½ teaspoon dillweed
¼ teaspoon salt
4 medium baked potatoes

In medium skillet melt butter or margarine over low heat. Add peas, sour cream, milk, dill and salt. Cook 3 minutes over low heat just until mixture begins to bubble. Remove from heat. Serve immediately over baked potatoes. (I bake the potatoes in the microwave.) Makes 4 servings, about 400 calories each.

CHOCOLATE SAUCE IN MINUTES

Quick way to make a rich, fudgy sauce.

1 can (16 oz.) chocolate-flavored syrup
1 square (1 oz.) unsweetened chocolate
1 tablespoon butter or margarine

In small saucepan heat syrup, chocolate square and butter or margarine until melted and smooth. Serve warm over ice cream, fruit, cake, etc. Or cool to room temperature. Pour into container; cover and refrigerate up to 2 weeks. Makes 1½ cups sauce, about 55 calories per tablespoon.

HAZARD'S HEFTY CASSEROLE

Use spaghetti sauce you have made and frozen as the base of this hearty casserole.

8 ounces elbow macaroni, cooked according to package directions
1 quart (4 cups) Spaghetti Meat Sauce (see recipe, page 180)
1 package (10 oz.) frozen chopped broccoli, thawed
1 cup cottage cheese
1 cup (4 oz.) shredded Cheddar cheese

Preheat oven to 350°F. In a 2-quart casserole mix together all ingredients, reserving ½ cup Cheddar cheese. Sprinkle reserved cheese on top. Bake, covered, 45 minutes, or until hot and bubbly. Remove cover and continue baking 5 more minutes or until cheese is lightly browned. Serve immediately. Makes 6 or 8 servings, about 735 calories per 6 servings or 550 calories per 8 servings.

QUICK-AS-LIGHTNING BEEF STEW

Combine the ingredients for this stew before leaving for work in the morning. Have your babysitter or children place it in the oven at 4 for dinner at 7.

3 pounds beef stew meat, cut into 1-inch cubes
1 can (17 oz.) petite peas, drained
1 can (16 oz.) sliced carrots, drained
1 jar (16 oz.) small whole onions, drained
1 can (16 oz.) cut green beans, drained
1 can (16 oz.) small, whole potatoes, drained
1 can (16 oz.) whole tomatoes, undrained
1 cup (¾ of a can) condensed beef consomme, undiluted
½ cup dried bread crumbs
½ cup dry red wine
⅓ cup all-purpose flour
1 tablespoon brown sugar
2 tablespoons Worcestershire sauce
2 teaspoons salt
¼ teaspoon pepper
1 bay leaf

In large oven-proof casserole combine all ingredients. *(Can be made ahead to this point. Cover and refrigerate up to 8 hours.)* Preheat oven to 350°F. Cover and bake for 2½ to 3 hours or until meat is fork tender. Makes 8 to *(continued)*



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MONTH OF MENUS

continued

10 servings, about 760 calories per 8 servings, 605 calories per 10 servings. (Freeze leftover stew for dinner later in the month.)

COQ AU RIESLING

A special entrée for Mother's Day or any festive occasion.

2 broiler-fryer chickens (about 2 lb. each), cut up
½ cup all-purpose flour
2 tablespoons salad oil
2 tablespoons butter or margarine
1 large onion, finely chopped
1 cup (3 ribs) finely chopped celery
1 cup (2 medium) finely chopped carrots
1 cup (1 medium) finely chopped leek
1½ cups white wine (Riesling)
2 cups chicken broth
1½ teaspoons salt
½ teaspoon thyme
⅛ teaspoon pepper
3 whole cloves
1 bay leaf
2 egg yolks, lightly beaten
¾ cup sour cream
⅛ teaspoon nutmeg
1 package (8 oz.) egg noodles, cooked

Preheat oven to 450°F. Lightly dust chicken pieces with 3 tablespoons flour; set aside.

In large Dutch oven melt 1 tablespoon each oil and butter or margarine. Add chicken; sauté 5 to 7 minutes until lightly golden on all sides. Remove from heat. Sprinkle remaining flour on chicken. Place in oven; bake 3 to 5 minutes. Remove from oven; set aside.

In large skillet melt remaining oil and butter or margarine. Add vegetables and sauté until tender but not browned. Remove from heat, add to chicken with wine, broth and next 5 ingredients; stir lightly to combine. Heat to boiling over medium heat; cover and place in oven. Reduce oven temperature to 350°F. Bake 50 to 55 minutes or until chicken is tender.

Remove chicken to serving platter; keep warm. Strain broth through sieve; discard vegetables. With spoon, remove surface fat from broth; discard. Pour broth into small saucepan, bring to boil; cook 5 to 7 minutes to reduce liquid by ½. Meanwhile, beat egg yolks, sour cream and nutmeg until combined. Add gradually to broth, stirring constantly. Cook over low heat until thickened. Remove from heat. Pour over chicken. Serve with hot, cooked noodles. Makes 8 servings, about 575 calories each without noodles.

SNOW PUDDING WITH GOLDEN SAUCE

This is nice and light—therefore good as a dessert for entertaining. Your guests will rave and demand the recipe.

Pudding
1 envelope unflavored gelatin
¾ cup sugar
1¼ cups water
¼ cup fresh lemon juice
1 egg white
1 teaspoon grated lemon peel

Golden Sauce
¼ cup sugar
½ teaspoon cornstarch
Dash salt
1 cup heavy or whipping cream
¼ cup milk
2 egg yolks, slightly beaten
¼ cup orange-flavored liqueur
½ teaspoon vanilla extract

For Pudding: In small saucepan combine gelatin and sugar; stir in ¾ cup water. Cook over low heat, stirring constantly until gelatin and sugar are dissolved. Add remaining ½ cup water and lemon juice. Refrigerate until mixture mounds when dropped from a spoon, about 1 hour.

Add egg white to gelatin mixture and beat 10 minutes or until mixture increases in volume and mounds when dropped from a spoon. Fold in lemon peel. Pour into a 6-cup mold and refrigerate until set, about 3 hours. Serve with Golden Sauce. Makes 8 servings, about 80 calories each without sauce.

Golden Sauce: In small saucepan combine sugar, cornstarch and salt. Gradually add ½ cup cream and milk, stirring until smooth. Bring to boil over medium heat, stirring constantly until mixture is thickened; reduce heat and simmer 1 minute. Remove from heat.

Gradually add 2 tablespoons hot mixture into egg yolks, beating with fork. Add yolks into remaining mixture, stirring constantly; cook over low heat until mixture boils. Add liqueur and vanilla; simmer 1 minute. Remove from heat; cover surface with waxed paper. Refrigerate until well chilled.

To serve: In small mixer bowl whip remaining heavy cream. Gently fold into chilled sauce. Makes about 2 cups sauce, about 45 calories per tablespoon.

SPAGHETTI MEAT SAUCE

Freeze this sauce in one-quart containers. Always good for emergency meals.

3 pounds ground beef
1 pound sweet Italian sausage, casing removed
2 large onions, chopped (about 2 cups)
2 garlic cloves, chopped
2 cans (35 oz. each) whole tomatoes
1 can (29 oz.) tomato purée
1 can (6 oz.) tomato paste
½ cup dry red wine or water
1 tablespoon salt
1 teaspoon chili powder
2 teaspoons sweet basil
1 teaspoon sugar
¾ teaspoon fennel seed
¼ teaspoon pepper

In Dutch oven combine beef, sausage, onions and garlic; cook until meat is brown. Spoon off drippings. Add remaining ingredients; bring to boil, stirring frequently. Reduce heat, simmer, partially covered, 2½ to 3 hours, stirring occasionally. *(Can be made in advance to this point. Let sauce cool to room temperature. Spoon into freezer-proof*

quart containers. Label and freeze up 3 months.) Makes 3 quarts, about 580 calories per cup.

24-KARAT SALAD

A dandy way to serve crunchy carrots.

Dressing
¼ cup salad oil
1½ tablespoons fresh lemon juice
2 teaspoons sugar
1 teaspoon chopped fresh or dried parsley
½ teaspoon salt
¼ teaspoon celery seed
4 cups (3 to 4 large) shredded carrots

In large bowl combine all ingredients for dressing. Add carrots and toss lightly to mix well. Refrigerate. Toss before serving. Makes 4 servings, about 160 calories each.

POLYNESIAN CHICKEN LIVERS

This is a painless and tasty way to get the family to eat liver.

1 pound chicken livers, cut in half and membranes removed
2 tablespoons cornstarch
¾ teaspoons salt
2½ tablespoons light brown sugar
2 tablespoons cider vinegar
1 can (20 oz.) pineapple chunks, drained (reserve ¾ cup juice)
¼ cup butter or margarine
1 cup chopped celery
1 cup chopped onion
1 medium green pepper, cut into 1-inch pieces
Hot, cooked rice

In small bowl toss chicken livers in 2 tablespoons cornstarch and ½ teaspoon salt; set aside. In second bowl combine remaining cornstarch, brown sugar, remaining salt, vinegar and ¾ cup reserved pineapple juice.

In 10-inch skillet melt butter or margarine. Add celery, onion and green pepper. Sauté until tender but still crisp, stirring frequently; remove and set aside. Add chicken livers; cook 10 to 15 minutes, tossing frequently with spatula. Gradually add cornstarch mixture to chicken livers. Cook, stirring constantly, until thickened. Add pineapple chunks and vegetables and continue cooking until heated thoroughly. Serve immediately with hot, cooked rice. Makes 4 servings, about 395 calories each without rice.

CRUNCHY VEGGIE TOSS

Sautéed almonds enhance this quick vegetable dish.

1½ cups frozen small whole onions, cooked
1 package (10 oz.) frozen chopped broccoli
2 tablespoons butter or margarine
2 tablespoons slivered almonds

In medium saucepan cook onions according to package directions but cook only 5 minutes. Add broccoli and continue cooking 5 more minutes; drain.

Meanwhile, in small skillet melt butter or margarine; add almonds. Sauté 2 to 3 minutes until lightly golden. Add to vegetables, tossing lightly with wooden spoon. Cook 1 minute to heat thoroughly. Makes 4 servings, about 150 calories each.

CHEESE OMELETS JARDINIERE

Serve cheese omelets with a white sauce conveniently jazzed up by frozen mixed vegetables.

Sauce
1½ tablespoons butter or margarine
1 tablespoon all-purpose flour
1 cup milk
½ teaspoon salt
½ teaspoon Worcestershire sauce
Dash pepper
1 package (10 oz.) frozen mixed vegetables, thawed and drained
Omelets
12 eggs
1½ teaspoons salt
Pepper to taste
4 tablespoons butter or margarine
1 cup (4 oz.) shredded sharp Cheddar cheese

Sauce: In medium saucepan melt butter or margarine over low heat. Stir in flour and cook, stirring constantly with wire whisk or wooden spoon, until mixture begins to boil. Gradually add milk, stirring constantly, until smooth. Increase heat to medium; bring mixture to boil. Reduce heat; add salt, Worcestershire sauce, pepper and mixed vegetables; simmer 3 minutes. Keep warm while making omelets. Makes about 3 cups sauce.

Omelets: In medium bowl combine eggs, salt and pepper; beat with wire whisk or fork just until blended.

In 8-inch skillet or omelet pan melt 1 tablespoon butter or margarine over medium heat until light golden. Pour in ¼ of the egg mixture (about ¾ cup). After eggs have begun to set around edges (5 to 7 seconds), begin stirring gently. Lift edges of omelet all around pan while cooking to allow uncooked center to flow underneath. Shake pan frequently while stirring to keep omelet from sticking. As soon as eggs have begun to firm but are still moist on surface, sprinkle ¼ cup shredded cheese on top. Loosen edges of omelet with spatula. Tilt pan downward; carefully fold omelet in half. Turn onto serving dish. Spoon ½ cup sauce over omelet. Serve immediately. Repeat 3 more times. Makes 4 servings, about 665 calories each.

YUMMY HEALTH COOKIES

If your cookie monsters are like mine, these should keep them satisfied.

1 cup unsifted all-purpose flour
1 teaspoon baking soda
1 teaspoon double-acting baking powder
½ teaspoon salt
1 cup firmly packed light brown sugar
1 cup granulated sugar
1 cup shortening, melted
2 eggs
1 tablespoon warm water
2⅓ cups oats, uncooked
2 cups shredded or flaked coconut
⅔ cup wheat germ

(continued)

Journal Shopping Center

FASHION: THE ART OF SUMMER DRESSING

PAGES 106 and 107: From left: SCOTT BARRIE BLOUSERIE Grecian-wrapped blouse, $78, softly pleated tapered pants, $82, both in silk crepe de chine, at Macy's, Herald Square, N.Y.; Golfer's Green, Elkins Park, Pennsylvania; Marie Leavell, Dallas; Apropos, Santa Ana, California; for further information contact: Toni Florin, c/o Scott Barrie Blouserie, 530 Seventh Ave., N.Y. 10018. OSCAR DE LA RENTA silk crepe de chine three-piece evening look: melon jacket with yellow piping (reverses to hot pink), pink overblouse with melon sash, long side slit green skirt, $630. Available at Lord & Taylor, N.Y.; Jacobson's, Jackson, Michigan; Kane's Chicago; Sakowitz, Inc., Houston, Tex.; Joseph Magnin, San Francisco.

Page 108: LIZ CLAIBORNE three-piece separates in cotton, orange blazer, $40, orange, raspberry, purple striped camisole, $16, softly pleated pants, $35. Available at Saks Fifth Avenue, N.Y.; Hudson's, Detroit; Marshall Field & Co., Chicago; Burdines, Florida; J.W. Robinson, Los Angeles; I. Magnin, San Francisco.

PAGE 109: From left: CLOVIS RUFFIN FOR CLOVIS two-piece cotton dress (with own magenta sash, not shown), $98. Available at Lord & Taylor, all stores; Burdines, Florida; Bullock's, Los Angeles. DIANE VON FURSTENBERG slip-top dress in cotton knit, $72 (comes with own multicolor sash, not shown). Available at Bloomingdale's, all stores; Bamberger's, New Jersey; Stewart & Co., Baltimore; Raleigh's, Washington, D.C.; Gidding-Jenny, Cincinnati; Jacobson's, Michigan; Mark Shale, Chicago; Al Baskin, Joliet, Ill.; J.W. Robinson, Los Angeles.

DECORATING: ATTIC MAGIC: FROM BLEAK TO BRIGHT

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MONTH OF MENUS

continued

Preheat oven to 350°F. Grease 2 large cookie sheets; set aside. In small bowl combine flour, baking soda, baking powder and salt; set aside.

In large mixer bowl cream together sugars and melted shortening until light and fluffy. Add eggs, one at a time, beating well after each addition; add water. Add oats, coconut and wheat germ; beat until combined. Add flour mixture and beat just until blended.

Drop cookies by level tablespoonfuls about 3 inches apart onto prepared cookie sheets. Bake 10 minutes. (Cookies will still be soft.) Remove cookies to wire racks to cool completely. Repeat with remaining dough. Makes 5 dozen, about 90 calories each.

HINT OF MINT PEA SOUP

This is great for entertaining. It can be made the night before and served cold or hot depending on the weather.

2 tablespoons butter or margarine
¼ cup chopped onion
1 package (10 oz.) frozen green peas
½ cup water
1 teaspoon salt
5 to 6 lettuce leaves
¼ to ½ teaspoon dried mint
1¼ cups chicken broth
⅛ teaspoon pepper
½ cup heavy or whipping cream

In medium saucepan melt butter or margarine. Add onion, sauté for 1 minute. Add peas, water and ½ teaspoon salt. Top with lettuce leaves. Heat to boiling. Cover and reduce heat; simmer 3 to 5 minutes until tender. Add dried mint and cook 1 more minute. Pour into blender container. Cover and blend until smooth, scraping down sides of container occasionally. Add chicken broth, remaining salt and pepper; blend the soup until it is smooth.

Return soup to same saucepan and reheat until hot. Gradually add cream, stirring constantly; cook 1 to 2 minutes until mixture barely simmers. Remove from heat. Serve immediately or cover and refrigerate up to 24 hours until cold. Serve chilled with sour cream, if desired. Makes four 1-cup servings, about 230 calories each.

MAGIC CHOCOLATE SOUFFLÉ PIE

A sinfully rich dessert. Use your favorite liqueur instead of the orange if you like (coffee-flavored is outstanding).

¼ cup finely ground walnuts
1 package (6 oz.) semisweet chocolate pieces
6 eggs, at room temperature, separated
⅓ cup granulated sugar
2 tablespoons orange-flavored liqueur
1 tablespoon vanilla extract
⅛ teaspoon salt
1 cup heavy or whipping cream
2 tablespoons confectioners' sugar

Preheat oven to 350°F. Grease 8-inch pie plate; sprinkle with ground nuts; set aside. In top of double boiler over hot, not boiling, water, melt chocolate. Remove from heat and let cool.

In large mixer bowl beat egg yolks until thickened. Add granulated sugar gradually and continue beating until mixture becomes thick and lemon-colored. Beat in chocolate, liqueur and vanilla; set aside.

Wash and dry mixer beaters thoroughly. In small mixer bowl beat egg whites and salt until stiff but not dry. Stir ¼ of the whites into chocolate mixture. Gently fold in remaining whites. Pour half the mixture (about 2 cups) into prepared pie plate, using spoon to cover rim of pie plate. Smooth top with spatula. Refrigerate remaining chocolate. Bake pie 25 minutes. Turn off oven and let stand in oven 5 minutes without opening the door. Remove from oven; let cool on wire rack 2 hours. (It will fall slightly—this forms the shell.) Spoon reserved filling into shell; chill approximately 3 hours.

One hour before serving: Place beaters and small mixer bowl in refrigerator to chill. At serving time, beat heavy cream until thickened; gradually add confectioners' sugar and continue beating until thick. Garnish pie with whipped cream. Serve at once. Makes 8 to 10 servings, about 345 calories per 8 servings with whipped cream, 275 calories per 10 servings.

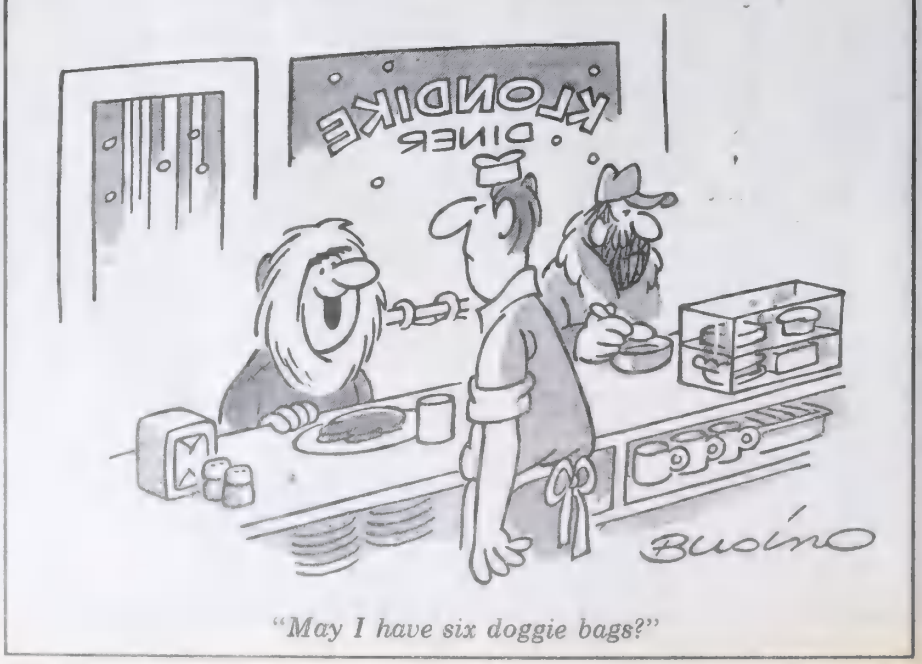
STIR-FRIED PORK

Stir-frying is a terrific way to speed up a meal—with tasty results.

½ pound lean boned pork shoulder, cut into 1-inch julienne strips
2 tablespoons soy sauce
¼ teaspoon garlic powder
⅛ teaspoon cayenne pepper
1 tablespoon dry white wine or sherry
½ teaspoon sugar
¼ cup salad oil
1½ cups sliced fresh mushrooms
1 package (10 oz.) frozen french cut green beans, thawed and drained
Hot, cooked rice

In small bowl combine pork, 1 tablespoon soy sauce, garlic powder and cayenne; set aside. In another bowl combine remaining soy sauce, wine and sugar; set aside.

In medium skillet heat 2 tablespoons oil over medium high heat until hot but not smoking. Add pork and cook, stirring quickly (stir-fry) until meat loses its pink color, about 4 minutes. Remove meat from skillet. Add remaining oil to skillet and heat until hot. Add mushrooms and beans; stir-fry 3 minutes until vegetables are tender but still crisp. Return pork to skillet; stir in wine mixture. Cook 1 minute or until hot and bubbly. Serve immediately with rice. Makes 4 servings, about 280 calories each without rice. **End**



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oday thousands of Americans have found blessed relief from foot problems just like ., of Cambridge, Maryland, who says: *m delighted with the supports. The sec- day I had them I wore them in three dif- nt pairs of shoes, from 7 A.M. to 10 P.M., h included two hours at a cocktail party. the first cocktail party I have left in years out wishing I could crawl out on my s."*

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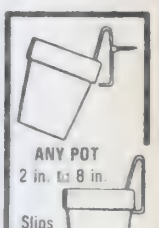
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CULTS ON CAMPUS

continued from page 46

Two other major cults have already seriously clashed with the law. Last summer, 11 Scientologists were accused of breaking into a government office and were indicted on 28 counts of conspiracy, stealing government property, obstruction of justice and perjury. And, last December, Charles Dederich, founder of Synanon, was arrested on charges that he conspired to murder a Los Angeles attorney. He was accused of soliciting two Synanon "Imperial Marines" to put a rattlesnake in an attorney's mailbox. The attorney, who was bitten by the snake, had won a $300,000 judgment against the sect on behalf of a woman and her husband, who claimed she had been kidnapped and brainwashed by the group.

To Dr. Singer, however, the immediate concern regarding cults is openness and disclosure—that the cults be legally mandated to fully describe their identity and the nature of their activities before approaching schools or community groups.

Watch recruiting

"I would like to see university and high school authorities pay more attention to the various recruitment efforts that are being made on campuses, with the purpose of fully identifying and understanding the groups' activities and goals," says Dr. Singer.

"I just want to run up and tell those vulnerable young adults: 'You don't know what you're signing up for. It's not what it seems. Let me tell you exactly what you are joining, so that you can decide whether you really want to be a member.' We also should be aware that a number of the cults start communal and other programs. They go to public agencies and offer to take dependent children into their programs and care for them. They approach probation or parole departments, and public agencies unwittingly place children into the custody of groups that may not actually be what they appear to be. Often, cults take charge of children who have been made wards of the court because their parents can no longer care for them. The People's Temple had a number of such children."

Dr. Singer is angered that in the United States, whose Constitution provides some of the most extensive protection of personal freedoms ever known, the rights of young people and their families are so flagrantly ignored.

"The whole question of the First Amendment and what it does and doesn't protect bears closer examination as the result of the cults," she suggests. "Many of our most prominent legal philosophers are already beginning to take a look at the issues involved and are considering what are the legal rights of families within our society.

"The family is the primary, small social group that is responsible for the early care and growing up of the future members of our society. If unethical cults are permitted to proliferate unchecked, more families could be threatened and we would have more people accepting totalistic and totalitarian methods of group living without being aware of exactly what they are involved in."

Dr. Singer's ardent appeal for preservation of the family and its relationships, however delicate and fallible they may be, is also an appeal on behalf of society in general. A firm family base, she believes, will help guard against the emotional insecurity and vulnerability of so many of today's youth, qualities upon which the cults feed.

According to the Rev. Richard McCullough, director of campus ministries at American University, Washington, D.C., there's a danger in cult m ments "to the extent that they pla the emotional insecurity of people i same way politicians play on the f of the voter when they gear their c paigns for success and popularity i short run.

"Security is not an easy commo within any tradition," McCullough tinues. "Most faith traditions will 'We don't promise you security i easy emotional sense.' There is no c grace. It comes hard. It comes at a r er painful, sometimes costly price."

Indeed, no responsible religion o its followers easy salvation or glib assurances. Those groups that clai have all the answers, or attempt to vert its members through mental rassment, should be viewed with s ticism. They are the dangerous that exact a steep price for a sec that robs an individual of his abilit think and reason. A price too high our children to pay.

CULTS ON CAMPUS—A LOOK AT WHERE THE CULTS RECRUIT

The following breakdown of which cults are recruiting on which major u versity campuses will be included in reports by behavioral science researche later this year to the federal National Institute of Mental Health. The researc carried out under grants from the NIMH, is part of a larger study on the impa of various forms of alternative lifestyles on traditional family life.

University of Arizona, Tucson: Divine Light Mission, Children of God
University of California, Berkeley: Unification Church, The Christ Family, Eckankar, Hare Krishna
University of California, Los Angeles: Unification Church, Eckankar, The Tony and Susan Alamo Foundation
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University of Idaho, Moscow: Divine Light Mission
University of Illinois, Urbana: Unification Church
Northwestern University, Evanston, Ill.: Unification Church
Tulane University, New Orleans, La.: Unification Church
Boston University, Massachusetts: Unification Church
University of Michigan, Ann Arbor: Unification Church
University of Minnesota, Minneapolis: Unification Church
University of Nebraska, Lincoln: Unification Church
University of Nevada, Reno: Divine Light Mission
University of New Mexico, Albuquerque: Divine Light Mission
Cornell University, Ithaca, N.Y.: Unification Church
University of Toledo, Ohio: Church of Scientology
Ohio State University, Columbus: Unification Church
University of Oregon, Eugene: The No Name Group, Unification Church, Summit Lighthouse, Brother John
University of Pennsylvania, Philadelphia: Unification Church, Hare Krishna, Divine Light Mission
University of Tennessee, Knoxville: The Farm
University of Texas, Austin: Children of God
University of Houston, Texas: Children of God
University of Texas, San Antonio: Children of God
University of Utah, Salt Lake City: Divine Light Mission
University of Washington, Seattle: The No Name Group, Unification Church, Hare Krishna, Divine Light Mission, The Way
Washington State University, Pullman: Unification Church, Church of Scientology, The Walk Society
University of West Virginia, Morgantown: Unification Church
University of Wisconsin, Madison: Unification Church

JOAN KENNEDY

continued from page 111

n has put aside the entire ques-f their marital relationship. It will alt with after she has completed ding her all but shattered life and lf-esteem.

m working on myself in—I hope—selfish way," she says. "And until I t I cannot begin to talk about mar-or no marriage. If I work on myself, y well, then I'll know much better I want to do with the rest of my d it will all come together. Right I don't know. I think things will vork out naturally for the best, ever way the chips fall.

the end of a couple of years, I can up my mind about things, but from tion of strength and of being well, well. Until I do that, there's no in talking about other things."

e believes that this confidence, this steem, she so desperately desires ome, at least in part, when she has ed her degree. Joan is now a full-student at Lesley College, a small ers' college a short walk from Har-University in Cambridge, where enrolled in an independent studies am leading to a Master of Educa-degree. This semester she is stu-teaching in music, in a Boston ele-ary school, observing and working r an experienced teacher. She ar-each morning at eight A.M. and s until two P.M.

e rises early and often dons a run-suit to join the joggers on the path parallels Storrow Memorial Drive, ck away from her home. After a breakfast, which she prepares her-Joan dashes off to her student teach-for which she receives academic t toward her degree.

r two hour classes at Lesley, three a week, are informal. Joan, wear-eans stuffed into boots and an old ter, is indistinguishable from the 15 students in her classes, who range e from 25 to 50. Her classmates are e of her presence, of course, but the first few days of surprise and they learned to recognize her as of their own. During the day, she often be found studying at the li-y or talking with classmates at the k shop in Wolford Hall.

othing is allowed to interfere with weekly attendance at meetings of holics Anonymous, or the three dy sessions with the psychiatrist. even the private piano lessons from ighly touted Longy School of Music Follen Street in Cambridge, or her onal errands and visits with close ds—"people who are not in the news whom I've known for years and whose friendship means so much to me."

Politics plays no part in her very full days. "I picked up a copy of a news-magazine the other day," she says, "and everything in it about Washington seemed so foreign to me, so other worldly." But while Joan is enjoying her new freedom from the Washington "goldfish bowl," she insists she hasn't abdicated from the political world of her husband.

"Sure, I'm not exactly wild about politics," she admits, "but it's too easy, too facile to say that I am trying to escape from it. In the early days I was a very good campaigner. I was the best. And I can do all that. I know I can.

"But right now, at this stage in my life, I prefer not to. There are more important things that I've got to do for myself. I must stress that I am not running away from anything—politics or Ted or responsibilities. I don't hate the political world. It's not that at all.

"I am simply doing something I want, something for myself. I find it easier to be doing it up here, a little bit separated. It's only an hour and ten minutes from Washington and I can see my family all the time. But I had to leave. I had some real worries, worries about my drinking. I received some very good advice and was told that I should solve that problem before I did anything else.

"I had to get sober first, and it was easier to do that up here than in Washington. Up here it's perfect for me; there are far fewer distractions."

Demanding respect

Every weekend one of her children comes to visit. But Ted and the children have been made to understand that it's not an open house any time they want to come. None of them is free, she says, to "barge in" without letting her know in advance. And none does. Joan Kennedy is quietly asserting herself; the woman whom the late President Kennedy called "the dish" is quietly demanding respect.

"I ask Ted to call me," she says. "This is my pad and I just like him to call me first and say, 'Can I come up?' I may be having some friends and relatives of my own here. Besides, Ted never comes alone; he's always with some aides.

"The same holds true for the children. Teddy, Jr. called me just two days ago and said, 'Mom, can I come up for the weekend and bring a few friends? It's my semester break, we've finished exams and have a long weekend. I'd love to see you,' I asked, 'When do you want to come and whom do you want to bring?' He told me and I said okay."

Her visitors find that Joan's new home is a far cry from the $500,000 Kennedy mansion on Chain Bridge Road in McLean, Virginia, where Ted, Jr., now 18, and Patrick, 11, live with their father together with a nurse/governess, cook and handyman. (Kara, 19, who graduated from the National Cathedral School for Girls in Washington, D. C. last June, is a freshman at Trinity College in Hartford, Connecticut. Ted Jr. attends St. Albans, Cathedral's brother institution, and Patrick is a student at Potomac School in McLean, a private day school a short distance from his home.)

The core of the McLean home is a two-story, 32 by 21 foot drawing room with a vaulted cathedral-like ceiling, furnished with five sofas and at least a dozen upholstered chairs; a large dining room with white damask walls; and a huge paneled library with a tall, stone fireplace. A breakfront is filled with expensive antique glass, pewter and china, which Joan has collected over the years.

While hardly spartan, her Boston apartment, with its much smaller rooms, contains a sectional couch done in black and white, a few green and white wicker chairs and a baby grand piano. Deep green carpeting covers the L-shaped living room and dining room floors and plants hang from the ceiling in front of large picture windows that look out on the river. But a special Kennedy touch is missing from the Boston apartment and it may be significant. While the homes of all the family members are filled with photographs, on the walls and on the tables, Joan's apartment contains no pictures at all, with a single exception—a framed letter to her from the late President John F. Kennedy.

Years ago, Joan had hoped that Ted would one day become president. When asked in 1972 how she would feel about being First Lady, she had replied: "Someday. I hope it's not this year." The presidency, she explained,would mean a loss of the precious privacy she wanted for the children who were then only four to 12 years old.

At his side

Seven years later, she admits that the prospect of being First Lady does not "enthrall" her. "I'll worry about that when it comes to it," she says. "I'm removed from Washington, so I don't think along the lines I did for all those years." Should Ted decide to run for the presidency, as many people believe he will despite his denials, Joan will probably be at his side. "I think I will be," she tells me, "but I certainly won't be if I am not well. That's the whole thing. So I'll remain up here in Boston until I finish my schooling and my therapy."

Her father, Harry W. Bennett, Jr., a former advertising executive who is now in the cable television business in Louisiana, feels that his daughter would make a fine First Lady. But, he adds, "she's not looking forward to it." Mr. Bennett, who lives near New Orleans, sees and talks to his elder daughter frequently.

A tall and handsome man, and not looking his 68 years, Bennett started Joan on a modeling career in the late 50s, when she appeared *(continued)*

JOAN KENNEDY

continued

in TV commercials. He has been deeply worried about his daughter's drinking, but is now jubilant over his daughter's new-found sobriety.

"I've been told not to talk to anybody," he says. "Joan said the less said to anybody the better." But there is a happiness in his voice and he talks anyway. "She's over it now. It's done, final, and it's all okay. She's licked it now."

His daughter's comeback is one of the most heartwarming stories to emerge from the rough, uncompromising world of politics, a world that has wrecked the marriages and warped the lives of many political wives in recent years. Only three years ago, Joan Kennedy was clearly unable to cope with the relentless strains on her life. She has stated that the rumors about "Ted and his girls" were responsible for her drinking. But she doesn't recall how much she used to drink. "I never counted," she says, "but it was too much and I was at a low ebb."

Hammer blows

A look back at her life indicates that other problems almost certainly contributed to her fears and insecurities. As a child, she lived a sheltered life in an upper middle-class home in Westchester, New York. She came to Washington in 1962 as the wide-eyed, ingenuous wife of a new senator and was plunged at once into a world of glittering personalities, vast power, intense ambition, venomous hatreds—and tragedy. Unlike the Kennedy clan, she had not been touched by emotional hammer blows, and she was unprepared when they came, one upon the other, all too quickly.

The assassination of President Kennedy in 1963 was followed seven months later by the air crash that almost killed her husband. Five years later, Robert F. Kennedy was slain in Los Angeles. Then, in the summer of 1969, Ted Kennedy plunged his car off a bridge on Chappaquiddick and Mary Jo Kopechne, who was riding with him, was drowned. Then in November, 1973, a bruise on their son Teddy's right leg turned out to be cancer. She was at Georgetown Hospital when doctors amputated his leg.

During all those years, tales of her husband's newest "romances" were reaching her ears. And a haunting fear mounted that an assassin's bullet might one day cut him down, too. Threatening letters flowed into the senator's office by the hundreds each week and anonymous callers would telephone, voicing obscenities and warnings. Although Ted and his staff tried to shield her from the constant threats, "somehow, some way, the stories reached me," she tells me.

By 1976, she had been in and out of alcohol rehabilitation hospitals in Connecticut, California and New York—but drinking bouts followed her discharge from each. Her sparkling, clear-eyed look was fading. Her hands shook, her nails were bitten to the quick.

This June, however, Joan will celebrate two years of sobriety. But she is cautious, lest the disease appear again. "I must work on it all the time," she says. Her efforts have had the full support of all the children, Ted and the other Kennedy women, especially her mother-in-law, Rose Kennedy.

Her recovery was aided, no doubt, by her distance from Washington—and the rumors about Ted and other women that had so distressed her. "That's another nice thing about being up here in Boston," she says. "Tell me," she asks laughing, "what *are* the latest rumors?"

There aren't any.

The tales of Ted's repeated womanizing have indeed ceased. The last of the Kennedy stories to go around was his reported pursuit of Suzy Chaffee, the former captain of the Olympic ski team and the "Suzy Chapstick" of the TV commercials. Prior to the Suzy tales, Ted was reportedly dating another blond beauty, 30-year-old Page Lee Hufty, daughter of a wealthy banker and a Standard Oil heiress.

"Now there is nothing to talk about," says Nancy Dickerson, a socialite journalist who purchased Merrywood, the Virginia estate of Jacqueline Onassis' mother and stepfather, Mr. and Mrs. Hugh Auchincloss. Both Betty Beale, a society columnist who has entertained Washington's elite for years, and Ymelda Dixon, widow of newsman George Dixon, who has known capital celebrities since President Franklin D. Roosevelt's day, agree. "There's just no gossip about him anymore," says Dixon. It seems that all the talk about Kennedy and his Don Juan image, which enlivened the S press rooms and the bar at the Nat Press Club for years, has all but sto

Ted Kennedy now attends few s events. When he does, he comes and leaves early—alone. Of a r party, Dixon reports: "He was dign very serious, very much the sen Not long ago, as the host of large p at his McLean home, the Senator w urge guests leaving at three A.M. to "You're not going yet, are you? would ask. "The party's just beginn Only four years ago he was leadin kind of life that prompted one n paper editor to say on national telev during a David Susskind talk s "Teddy is wilder than ever in his pr and personal behavior."

Is there really a "new" Ted Kenn Some observers maintain that hi creasing prestige in the Senate, ca by the assumption of the Senate's pc ful Judiciary Committee, have im him with a new seriousness of pur Others, more cynical, say that he int to seek the presidency next year can ill afford new scandals. "I don't t a man of his type changes his instin says Beale. "Maybe he's trying t more discreet now. He never was be I presume he's still doing the things always enjoyed doing but more qui And, as you get older, the urge doe a little less, doesn't it?"

While Teddy's change in person may seem superficial and self-ser to some, Joan's own changes are cl of a different caliber. Sober, ra and healthy, she no longer needs pity of others. She is brimming confidence and new hope for herse

"I feel wonderful," she exclaims, I couldn't be happier."

Her future? Still uncertain. But i world of political planning, the ha ness . . . and stability . . . of Joan nedy will be an important factor.



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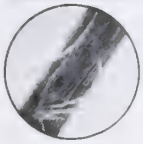
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VOL. XCVI NO. 6
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Journal highlights

22 Barbara Walters
Personal Portraits of the Peacemakers
TV's #1 newswoman tells some intimate stories of Sadat, Begin and Carter



100 Beauty in Action
By Maureen Lynch
The active woman's guide to looking great and getting in shape

FICTION BONUS
Three of the season's best stories

147 Lucky for Jenny
By Jonellen Heckler

149 Promises to Keep
By Mary Elmblad

152 Someone's in the Kitchen
By Helen Pastore

Journal articles

14 Can This Marriage Be Saved?
"My Husband Wouldn't Let Me Help Him"
By Dorothy Cameron Disney

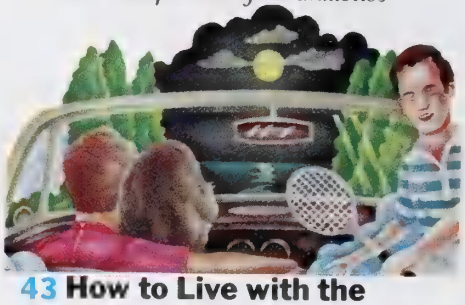
24 It's Not Easy to Be a Woman Today!
"I Won't Apologize for Being a Housewife"
By Norah Lee Alter
Second in a new series about women and these changing times

48 "I Gave Up My Children"
By Ingrid Briles
The compelling story of a young mother's heartbreaking decision

55 Sexually Abusive Doctors
How Women Are Betrayed by the Men They Trust Most
By John Kelly

66 Pets of the Stars
Eight actresses pose with their beloved animal friends

97 Happiness Is Handling Your Hangups
By Helen De Rosis, M.D.
A prominent psychiatrist tells how to cope with your anxieties



43 How to Live with the "Other Man" Fantasy
By Joyce Maynard

People in the Journal

60 Michael Landon
TV's Top Father Image
By Louise Farr
Despite his own painful childhood, children on and off screen adore him

86 John Travolta
From Success to Self-Doubt
By Al Coombes
Has Travolta fever cooled?



Journal experts

2 Editor's Diary
By Lenore Hershey

16 What's Happening
By Gene Shalit

26 Mothering
How to Get through the "Terrible Two's"
By Geraldine Carro

31 The Working Woman
Mothers Who Raise Successful Daughters
By Letty Cottin Pogrebin

36 Psychiatrist's Notebook
How to Have a Happy Honeymoon
By Theodore Isaac Rubin, M.D.

38 Spending Your Money
By Sylvia Porter
Travel bargains, dollar-wise tips on contact lenses

158 Your Family's Health
By David R. Zimmerman
New acne treatment, relief for chronic pain...and more

(continued)

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Food from the Journal kitchens

79 The Johnny Appleseed Cookbook
From our Community Cookbook series—tasty apple dishes and others.



114 Pineapple Pleasures
By Sue B. Huffman
New ways to enjoy this surprisingly versatile fruit

116 How America Entertains
Light & Lovely Summer Party
An elegant party plan, with tempting low-calorie foods

118 Macaroni
8 new recipe variations on an all-time family favorite

142 *Pepper-Uppers*

Home Journal

52 Just a Yard of Blossoms

70 The Beauty of Begonias
By Virginia F. and George A. Elbert
Their glorious flowers and foliage make begonias the royal family of houseplants

110 Kitchens Full of Ideas

Journal good looks

58 Beauty Journal
Summer skin alert, fragrance for the man in your life, tone-up exercise for upper arms

98 Cool Crochets in Breezy, New Ways
By Ann B. Bradley
Powdery pastels, vibrant brights—accessories to make

106 The New Wave
By Trudy Owett
America's top models show off the best of the sexy new swimsuits



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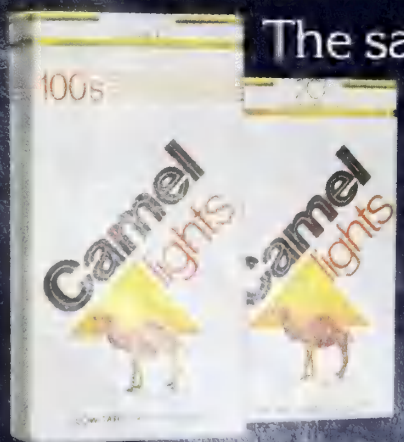
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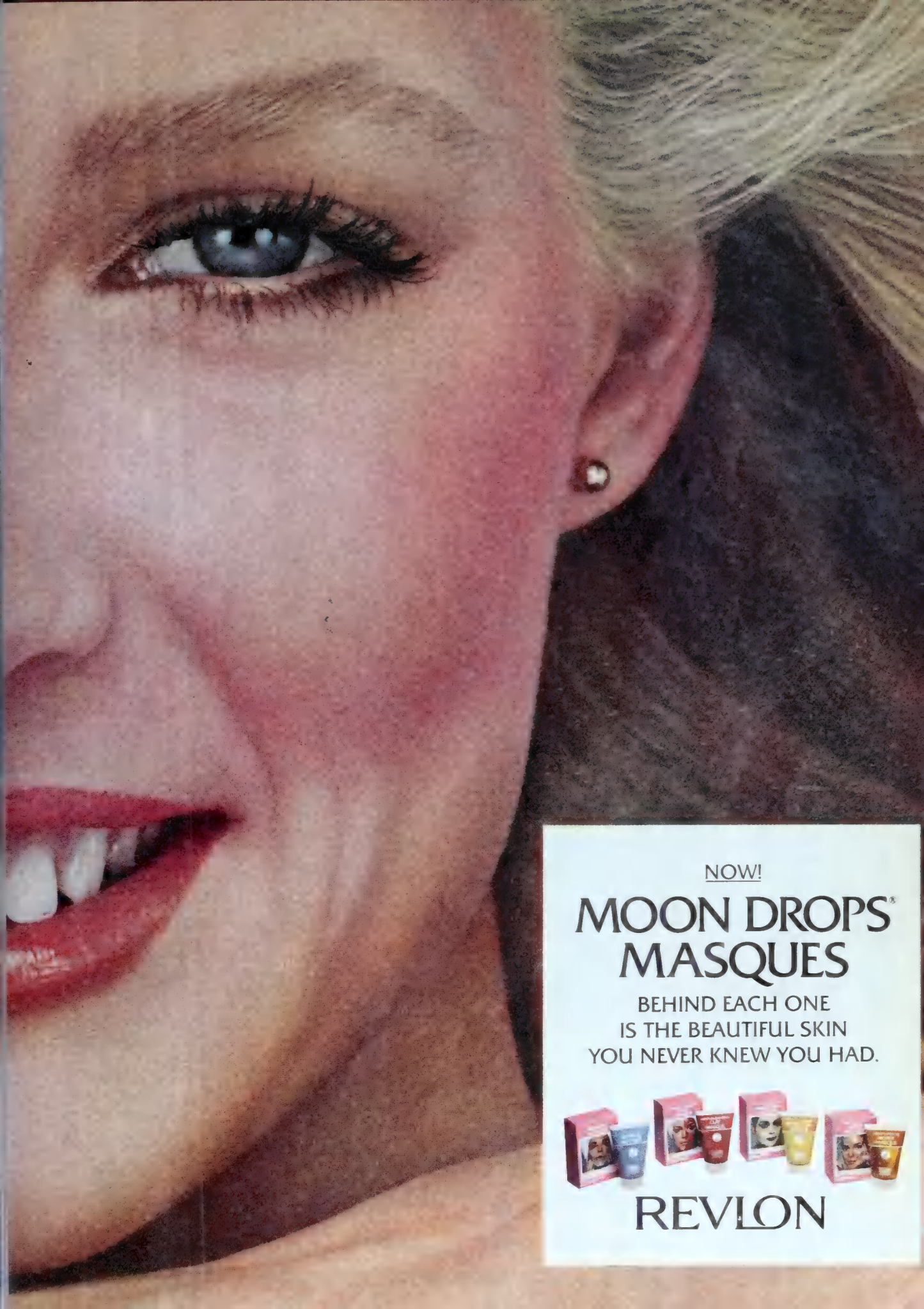
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Can This Marriage Be Saved?

"My Husband Wouldn't Let Me Help Him"

Dorothy Cameron Disney

How much should husbands and wives share their feelings? Jay, who desperately wanted the comfort that Trudy had to give, was too proud to let her help him.

This series is based on information from the files of the American Institute of Family Relations of Los Angeles, a nonprofit educational counseling and research organization with a staff of 70 counselors. It is the oldest and largest counseling center in the world. The true stories reported here are drawn from counselors' reports of interviews. Names, geographic locations and other details have been altered to conceal identities. The counselor in this month's case was Ruth Johnson.

TRUDY'S TURN

"When Jay and I moved from the East Coast to California, we thought the cross-country drive would be a nice, belated honeymoon tour," said 28-year-old Trudy, a voluptuous, dark-eyed brunette. "But when we reached the point of the trip we'd looked forward to most—a luxury hotel near the Grand Canyon—we had such a fight that both of us stormed away without even seeing the deluxe room we'd already paid for.

"My husband had given the hotel doorman a ridiculous tip—ten dollars! I'd asked Jay many times to stop throwing our money away like that, but he'd always pretended not to hear. Well, I suddenly became furious, jumped back into the car and drove off alone. Twenty minutes later, Jay and an off-duty waiter found me parked, pointing West, on the shoulder of the highway.

"Jay said nothing, flashed the waiter twenty dollars, and packed our bags back into our beat-up car without even looking at me. His face was tired and dejected but I was still too mad to pitch in and help him. I just can't stand the way he throws money around.

"Pretty soon it was dark and we were tired and hungry, but we were much too proud to return to the hotel we'd just sped away from. Worse still, by this time we were practically broke. So we ended up eating gritty, greasy hamburgers and sleeping in the car. When we woke up I felt terrible and tried to apologize.

"But Jay ignored me. Talk, he thinks, makes matters worse. So we just got angrier and angrier, until finally [illegible] parked the car and stalked off, while I [illegible] after him. We never did talk that morning, [illegible] time we got traveling again, our schedule was completely screwed up.

"[illegible] who live in Los Angeles now, were expecting us to stay with them for a few days, until we located jobs. But we arrived at 3:00 in the morning, eighteen hours early, and it was really a bad scene. Everyone was tired, the house wasn't tidy and the refrigerator was empty.

"My parents were having a hard time then, paying some of my brothers' medical school expenses. My wheeler-dealer uncle, to help them, had given my father a building to manage. In return, Pop was paid a wage and given free living quarters. But what quarters!

"There were two tiny, adjacent bedrooms, and since the slightest noise could be heard through the walls, we had to stop making love for ten solid weeks. Now, two years later, Jay remains disinterested in sex, and his reluctance opens lots of childhood wounds.

"At the age of eleven I acquired, almost overnight, huge, repulsive breasts that popped out of my chest like cabbages, and later swelled to the size of watermelons. A year later, just to look decent, I was wearing fifty-dollar, custom-made bras whose straps cut deep into my shoulders. I felt like a sideshow freak. Kids at school started ignoring me and construction workers yelled lewd remarks as I passed by.

"That year, though I loved sports and was very athletic, my teachers quietly told me I should stop going to gym class. It was a lonely time: I used to eat lunch alone in the girls' room, hiding from everyone else in school.

"It was about five years later that my parents moved to Los Angeles, thinking their living there would help my two brothers get through medical school. I'd just received a college scholarship, so I stayed in New York. And I remember that neither of my parents seemed nervous about leaving me behind. At eighteen, I didn't expect any man to ever care for me. I had a few short romances at school, but I was really unhappy, and after a couple of semesters I dropped out.

"Then I met Jayson. I was working in an all-night restaurant; he walked in and took a corner seat by himself. He had a healthy, beautiful face, quiet and composed, and a thick mass of blond hair. His eyes were deep blue, far-off looking. When I took his order, I asked him if he were into Zen. He looked surprised and said no. When I brought him his coffee, I asked him if he ever meditated. Again, he answered no. I couldn't understand his calmness, his wholesomeness. Later, I looked for him at his table, and when I saw he was gone, I was really disappointed.

"That night I got off work at five, just before daybreak, and I was standing at a corner waiting for a taxi when a car pulled up and offered me a ride. It was Jay. He drove me home—and I mean *straight* home.

"The next night he picked me up again, and it soon got to be a habit. We *(continued on page 175)*



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What's Happening

Gene Shalit

An interview with Jane Fonda and others about that nuclear movie . . . plus more films you could love . . . or loathe.

Can you remember a movie more eerily topical than *The China Syndrome*? What's so spooky is that the script was written three *years* before the current uproar about nuclear energy plants. When Jack Lemmon, Jane Fonda and Michael Douglas began to film it, they could not possibly have known that it was prophetic. Everyone now knows that *The China Syndrome* is an adventure thriller about the failure of a nuclear power plant and the failure of power company officials and a local TV station to tell the public the truth. A few weeks after the movie opened, the reactor accident occurred at Three Mile Island, near Middletown, Pennsylvania. What's weird and peculiar is that a character in the film says the nuclear devastation could "render an area the size of Pennsylvania uninhabitable."



Gene talks with Jack Lemmon and Jane Fonda about The China Syndrome *and nuclear power plants.*

I spent a bit of time with Fonda, Lemmon and Douglas, who were astonished by the news, but they refused to capitalize on the events. Douglas canceled an appearance on the Johnny Carson show, and Lemmon asked to be excused from a CBS-TV special. That's responsible behavior, but these three are responsible people who take their work and their social obligations seriously. When the movie was made, few could have predicted this kind of possible meltdown accident and no one could have foretold its timing. The script might have seemed like another "message" picture, the kind that attracts prophets but not profits. (Box office success of the Columbia film seems assured.)

"We made this movie," Jane Fonda said, "because it was the best thriller any of us had ever read, and because it's the best thriller that we've ever seen for the screen." *[A bit excessive, but her enthusiasm was understandable.]* "The movie keeps people on the edge of their seats. Many great movies have been controversial, and all have had a point of view. When we do have something to say, I see nothing wrong with alerting the public to a potential danger."

When I asked Lemmon why *he* agreed to do the movie—and waited a *year* to do it!—he assumed his wry look and said, "I was desperately attracted to the role because it was the most literary, intelligent script that I had read in a long time. I was fascinated by all of the characters, especially mine. It's one of the best roles *(continued on page 95)*

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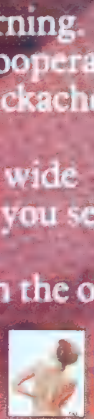
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Bar Soap	☐	
Deodorant	☐	
Shampoo	☐	
Dandruff Shampoo	☐	
Toothpaste	☐	
Mouthwash	☐	
Hair Conditioner	☐	
Hand Lotion or Cream	☐	
Bath Additive	☐	
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☐ 18-24 ☐ 25-34 ☐ 35-49 ☐ 50-64 ☐ 65+

6. Are you married? ☐ Yes ☐ No

7. How many children do you have?
☐ none ☐ 1 ☐ 2 ☐ 3 or more

8. What are the ages of your children?
☐ Under 2 ☐ 2-5 ☐ 6-11 ☐ 12-17

9. Do you have a dishwasher? ☐ Yes ☐ No

10. Do you have a clothes dryer? ☐ Yes ☐ No

11. What color is your hair?
☐ Blonde ☐ Brunette ☐ Redhead ☐ Silver ☐ Black

12. What is your skin type?
☐ Dry ☐ Normal ☐ Oily

13. What is your hair type?
☐ Dry ☐ Normal ☐ Oily

14. Do you own a pet?
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☐ Cat ☐ Other_____

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Personal Portraits of the Peacemakers

By Barbara Walters

Sadat calls her Bah-bah-ra, and jokes about her salary. Begin calmed her bomb-frightened daughter, Jacqueline. A warm, serious and moving story by TV's #1 newswoman about the people behind the Mideast peace negotiations.



Left: Out of friendship to Barbara, Begin (center) and Sadat agreed to be interviewed together for the first time.

Below: "I doubt any president other than Jimmy Carter could have united the Egyptian and Israeli leaders," says Barbara, seen here with Mr. & Mrs. Carter.



Sometimes when I am on the other side of the fence, being interviewed instead of interviewing, I am asked, "Of everyone you have met and talked with, who has left the greatest impression?"

And I've never been able to properly answer because too many impressions kaleidoscope into my mind.

• Hanging onto the side of a jeep as Fidel Castro bumpily drives over the unpaved roads and fjords of the Sierra Madre Mountains, pointing out with his cigar the secret places where he hid as a desperado before the Cuban revolution.

• Henry Kissinger, in our earliest interview, proclaiming one of the pleasures of his then-new fame—"Now when I bore people, they think it's their fault."

• John Wayne, the day before going into the hospital for the operation that detected cancer, telling me, "I just want Him, or maybe it's Her, to let me hang around a little bit longer."

But of all the interviews with heads of state, kings and queens, movie stars and politicians, I think that the participants in the recent historical Middle East peace talks provide the most special, most poignant of my memories.

My colleague, Walter Cronkite, for whom I have deep respect and affection, often points out that a reporter's first obligation is to be objective and report the news. Rightly so. But a reporter also has private emotions. While I pride myself on reporting objectively the events in the Middle East (indeed, I think this is why I am trusted by both Egyptians and Israelis), I have come to know President Anwar Sadat and Prime Minister Menachem Begin so well over the years that I have strong personal feelings for each.

It is unlikely that a peace treaty between Egypt and Israel would have been signed without Anwar Sadat in Egypt. His courage, his dynamic charisma and his mystical belief that God is on his side produced a man who took actions no other Arab leader would even contemplate.

It is also unlikely that Israel under leadership other than Menachem Begin's would have come to terms with the Egyptian proposals. Not that Begin is the only man of courage in Israel. But probably only Begin, a man considered by many to be a hard-liner, a conservative and someone who won't compromise his principles, could unite the different factions in Israel. With his indomitable will, his heartbreaking recollections of the struggles that produced Israel, his courage to defy even his closest friends and his own belief that God is on *his* side, he achieved what no Israeli leader before him had been able to accomplish.

It is equally unlikely that a president, other than Jimmy Carter, could have united these two former enemies. But Carter, with his belief that eyeball-to-eyeball meetings are the major way to understanding, his extraordinary patience, his attention to meticulous detail *(continued on page 183)*

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4 large carrots
½ cup apricot preserves
½ of an 8-oz. tomato sauce
¼ cup packed brown sugar
¼ cup dry red wine
2 tbsp. lemon juice
2 tbsp. cooking oil
1 tsp. onion juice
1½ lbs. lean boneless pork
Fresh pineapple chunks

Cut carrots into 1-inch pieces. In small saucepan cook, covered, in small amount boiling salted water for 15 to 20 minutes; drain. In saucepan combine apricot preserves, tomato sauce, brown sugar, wine, lemon juice, oil, and onion juice. Cook, uncovered, 10 to 15 minutes; stir occasionally. Cut pork into 1-inch cubes.

Thread pork, carrots and pineapple chunks on six skewers; season with salt and pepper. Grill over *medium* coals about 10 minutes; turn frequently. Brush with sauce; grill till done, about 5 minutes more. Makes 6 servings.



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It burns with no taste, no soot, no odor, no fooling. So barbecue tonight, with Gulf Lite.

IT'S NOT EASY TO BE A WOMAN TODAY!

"I Won't Apologize for Being a Housewife."

By Norah Lee Alter

The morning the invitation to my 15th college reunion arrived, I had to sit down and think for a long while. Should I go? There would be no problem making the arrangements: My mother-in-law is always willing to help out on weekends and Joan and Peter, at eight and ten years old, certainly don't need me around every minute. Still, I had pretty much made up my mind to stay home.

"Why?" my husband asked. "You look terrific. I'll bet you look younger than any of your classmates. And you haven't done badly: two great kids, a husband who can't live without you . . ."

I had to give him a hug. He was right—I haven't done badly. By the standards my mother taught me I am very, very successful. And I do have the life I want. But, the truth is, I didn't want to go to that reunion because I just couldn't face the inevitable question, "And what do you do?"

My alumnae bulletin said that, of the women in my graduating class, three are now lawyers, one is a doctor, one is a bank vice president, one is the owner of a chain of boutiques. Several more are teachers, and lots are working in business offices. And me? I was on the list of homemakers. If I'm to believe much of what I read and hear, this means that I'm living off my husband's paycheck, a waster of my college education, one of the ones who hasn't found herself yet.

I never see myself this way, until someone jabs me with the ". . . and what do you do?" question. That question always put me on the defensive even though I'm one of those people who truly loves making a home for my family, who doesn't need the gratification of outside work.

I find the responsibilties that make up my life very rewarding. I get a lot of pleasure from running the house—probably not up to the standards of my mother (who ironed my father's socks!)—but well enough to keep the lives of four people comfortable, orderly and calm. I'm very good at handling household routines. I can't say that the time both kids came down with chicken pox, the washing machine overflowed and the housebroken dog regressed was my finest hour. But it *didn't* make me want to run away from home. Times like that don't do me in—they're all part of a day's work.

I find strength and satisfaction in the activities that go with my life. I'm serving my second term on the local school board. I organized a neighborhood yoga class that meets twice a week. I spend at least one morning a week looking for antique paperweights to add to my collection. Most of my early evening hours are spent with the kids, helping with homework, playing a game—whatever they're in the mood for. After they're in bed, Larry and I usually spend a quiet hour or two just listening to a good record—music is a hobby we share—and *talking*.

Larry works in a high-pressure investment office, and a relaxed, comfortable home is important to him. He's pleased—I know because he often tells me—that I don't have an outside job. Sure, we could use a second income. But we both feel that it's more important to preserve the tranquility of our lives.

Larry never makes me feel that the *(continued on page 160)*

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Geraldine Carro

Mothering

It's tough to be the parents of a temperamental toddler. But what too few parents understand is that being a toddler can be terrible, too. Here's some practical and reassuring advice:

How to Get through the "Terrible Two's"

Toddlers are complicated creatures. Cuddly and playful one minute, they can turn perverse the next—tipping over ashtrays, saying "no" (a word they learn long before "yes"), pulling the dog's tail, working themselves into tantrums on the kitchen floor. These familiar antics give the toddler stage its bad name—the "Terrible Two's."

To be fair, the name is not altogether deserved. Few toddlers really manage to live up to their reputation. But most can, on occasion, be very trying to their parents, as Los Angeles psychiatrist Sol Brown and his wife, social worker Helen Reid, know well. The two are founders of the Warm-Line, a free telephone consultation service for Los Angeles parents of children under age five. Thousands of parents have called the Warm-Line, headquartered at Cedars-Sinai Hospital, to talk about their children's behavior with one of the trained staff volunteers. Some of the most frequent calls concern those sometimes maddening capers associated with the so-called "Terrible Two's."

Neither Dr. Brown, who is chief of child psychiatry at Cedars-Sinai, nor Helen Reid is entirely happy with the catchphrase "Terrible Two's." "I suppose it's useful in some ways," Dr. Brown acknowledges. "It has a ring of inevitability about it, and that helps parents feel less guilty about their youngster's behavior." On the other hand, the phrase paints an unjustly negative picture of children. " 'Terrible Two's,' " says Brown, "implies that kids have wild, primitive instincts that their parents must tame." Children are not wild beasts, and treating them as such, he says, creates unnecessary tension between parents and children.

In fact, many of the parents who call the Warm-Line seem locked into power struggles with their toddlers. These parents may have been schooled by friends, family—and even pediatricians—to "make sure the kid doesn't get his way." This kind of thinking, says Dr. Brown, suggests that the child is an enemy to be brought to submission.

The Warm-Line urges parents to take a less combative approach. And counselors usually begin a telephone session with an explanation of why youngsters sometimes behave as they do. It's hard, they point out, to be a toddler.

Correctly applied, by the way, the "Terrible Two's" refers to the period that begins after the first birthday. "This is an age that's both scary and exciting," says Helen Reid. "Children are just beginning to separate from their mothers. They can stand up and walk away for the first time. While they enjoy this independence, they still want the security of knowing Mother is in control."

Explaining further, Dr. Brown points out the frustration of these early explorations. "In the process of learning to walk," he says, "a child falls down, accidentally knocks over a lamp, or wanders into a strange room and is frightened to find himself all alone." These little traumatic events can create a buildup of frustration and anger in a child.

Frustration, of course, also builds up in parents who suddenly find the household equilibrium disrupted. Sometimes the frustration that mothers feel stems from a deeper source—mixed feelings about the child's growing independence. "There's always a lot of *rah, rah* when a kid starts to walk," says Brown, "but it also signals the end of that cozy time when the child is totally dependent. Often a child is ready to separate before the mother is ready to let go."

When—for whatever reason—a toddler's behavior is trying, the Warm-Line crew recommends talk, before resorting to punishment. A one-and-a-half or two-year-old child understands quite a lot, they say.

A case in point is a two year old who ran out of the house and into the busy street every time her mother opened the door. Helen Reid suggested that before the mother opened the door she take her child's hand and explain: "I know you don't want me to hold your hand, but every time I open the door you run into the street, and that's very dangerous. I have to keep you safe." The mother later reported that after using the technique several times the hand-holding became unnecessary. And so did any punishment.

Even when dealing with temper tantrums, the Warm-Line counselors advise talk, plus some reassuring affection. "When a child is having a tantrum," says Helen Reid, "we suggest that you gather the child into your lap, if possible, and say something like, 'I know you're angry and hurting and upset. I'll be right here to help you.' "

Does all this talk sound a bit permissive—a word with a bad connotation these days? When a toddler acts up, won't the kind of reassurance the Warm-Line recommends spoil the child, teaching that angry behavior pays off? Not necessarily, says Dr. Brown. The usual remedies, such as ignoring a child or banishing her to her room, convey the message, "I don't want to be with you." To a very young child, who's going through difficult moments, this, he says, is harsh treatment and should only be used as a last resort.

"But," he stresses, "I don't believe in an 'anything goes' philosophy." He favors setting limits and explaining to a child what is acceptable behavior and what is not. He thinks parents usually can get their message across by being firm and deliberate—like the mother who held her two year old's hand—without automatically resorting to punishment.

For the most part, a toddler's outbursts are perfectly normal for the age. (Extreme anger and negativism, however, may suggest other problems. Divorce or the birth of a sibling, for example, are stresses that can stimulate unusually difficult behavior.) But run-of-the-mill tantrums and outbursts of anger will, if handled well, diminish in time, almost disappearing by age three or four. Children do simmer down eventually, says Brown, but meanwhile it doesn't hurt to let a child express anger and frustration sometimes.

Helen Reid agrees. "If you bully kids, you can usually stop misbehavior," she says. "They'll give up and become more docile." But this, in her experience, is a shortsighted solution. Today's perfectly behaved children may turn out to be tomorrow's rebellious adolescents. Many troubled teen-agers are reacting, she says, to the fact that they never had the right to express anger, to say "no" to parents. **End**

MAILBOX

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Muffy

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The Working Woman

Mothers Who Raise Successful Daughters

Letty Cottin Pogrebin

A loving and insightful look at the women who gave their daughters the courage to achieve.

Last month was hearts and flowers for mom. But that doesn't mean that mothers should only be celebrated on Mother's Day. Mothers are worth our time anytime. We've each had a mother and many of us have become or will become mothers ourselves. Motherhood, in one way or another, is thus a universal female experience.

No wonder there are so many books about one's primal relationship with that "first parent."* We never tire of exploring the maternal legacy: what we owe mom, how she hurts us, what we should have said or cannot say, what we wish she had done for us—or for herself. But in all this analysis, one area has received surprisingly little attention: *the impact a mother has in the making of a woman achiever.*

Did today's highly successful women have high-powered moms or did they model themselves after their fathers? Can a traditional, stay-home mother spawn an achieving daughter? Do we learn from our mothers' words or from their example? Are we becoming what our mothers might have been had they lived during our times?

I asked 12 women of accomplishment to share their answers to these and other questions as they "remember mama."

Dr. Donna Shalala, Assistant Secretary for Policy and Research, U.S. Department of Housing and Urban Development.
Mother: Edna Shalala

"She's something, my mother. She was a world-class tournament tennis player in the 1930s. She was the first Lebanese woman in Ohio to go to college. She worked her way through Ohio State. Later, when my twin sister and I were about five, she taught physical education during the day and went to law school at night.

"There were never any 'just housewives' in my family. My mother is still practicing law in her neighborhood in Cleveland, and still playing tennis every day. She's sixty-seven, and she's terrific!"

Colleen Dewhurst, actress.
Mother: Mary Frances Dewhurst

"My mother was way ahead of her time in terms of what she believed women could accomplish. She taught me independence; that you had to train to *do* something, that life must be constant study and learning or we stagnate and have nothing to offer to others.

"She was a Christian Science Practitioner, like the pillar of the Church—and I was like the minister's daughter who ran wild. But my mother understood. She wasn't cloistered; she'd been there and back herself. She had a great capacity to love. She always said to me, 'You have tremendous energy to do the wrong things. I wonder what would happen if you turned it to good.'

"In college I began training for the theater. I told her, 'Mom, it's going to be hard for you. I can see I'm going to play every prostitute ever written.' I wasn't going to be cast as the ingenue, that was for sure. She said, 'If it matters to you, *do* it.'

"She died the night before I opened in Joseph Papp's production of *The Taming of the Shrew*, and she never knew about my success. But she taught me life is not to be measured in success or failure; it is to be lived fully as the person you are. Yes. In the middle of a burned-out lot, my mother would find the wildflower."

Odessa Komer, Vice President of the International Union, United Automobile Workers.
Mother: Corrie Komer

"My mother couldn't stand being put down by anyone. When my father challenged her, 'Who would ever hire *you*?' she went and got a job in a punch press plant. When the boss tried to force her to put the steel under the dies by hand instead of with tongs, to increase her production speed, she quit and then applied for unemployment compensation. She appealed her own case on the grounds of safety. (Today they have foot pedals, wristguards and all sorts of safety equipment but Mom's was a non-union shop thirty-five years ago). Anyway, she appealed and won her case—this uneducated woman. I admired her so! Having a strong mother doesn't intimidate children, it builds their character."

Peggy Charren, President, Action for Children's Television (ACT), a media reform group.
Mother: Ruth Rosenthal Walzer

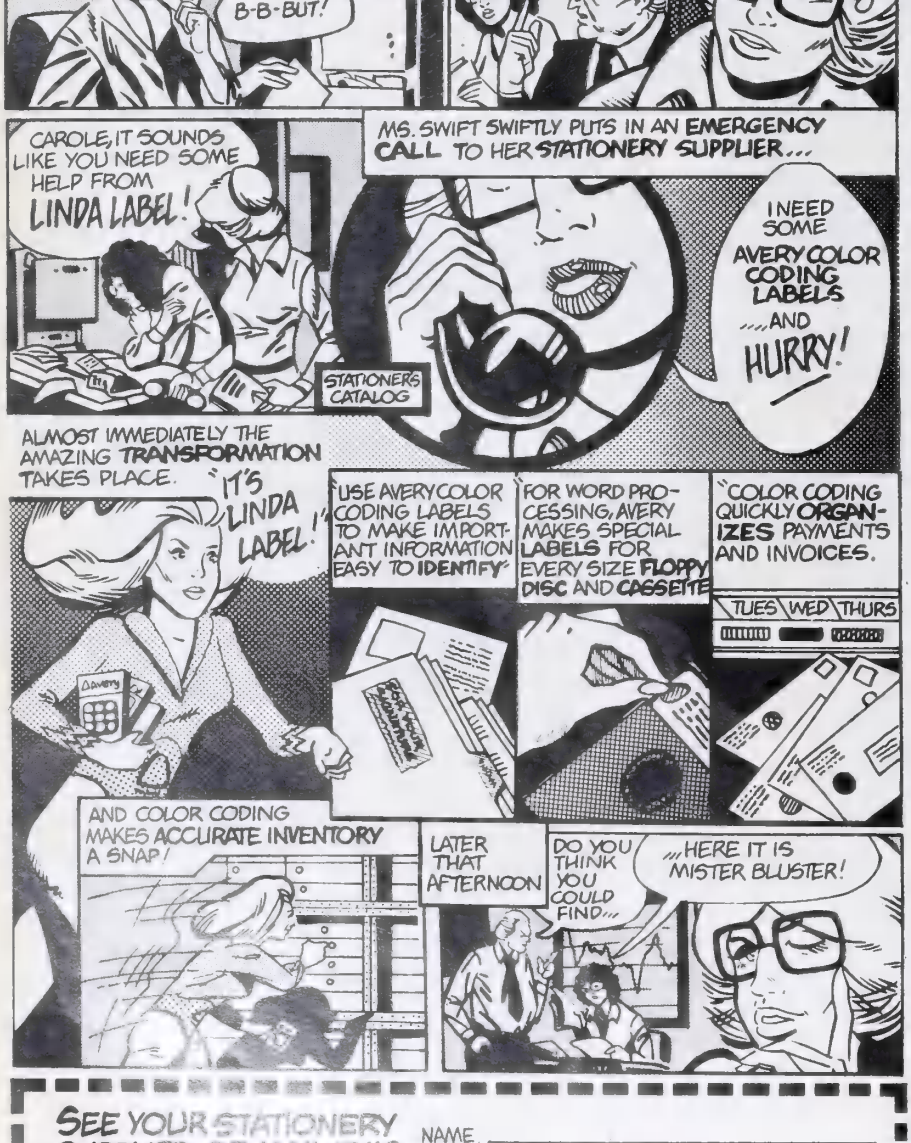
"I got a strong sense of justice from my mother. She was a homemaker all her life but I remember having endless talks with her about the world's problems. She believed that when something is wrong, you fix it. From my volunteer work on the Newton (Mass.) Creative Arts Council, I saw what quality entertainment really could be, and I founded ACT to get the same quality into children's television. She taught me that if you care enough, you change things." *(continued)*

*For example, *Of Woman Born* by Adrienne Rich (Norton), *My Mother/My Self* by Nancy Friday (Dell), *The Mother Book* by Liz Smith (Doubleday), *The Mermaid and the Minotaur* by Dorothy Dinnerstein (Harper & Row), *Mommie Dearest* by Christina Crawford (Morrow), *Mothering* by Elaine Heffner (Doubleday)

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The Working Woman

continued

Phyllis Newman, actress, singer, televi sion personality.
Mother: Rachel Newman

"I've been on the stage since I wa four years old. I played Loew's State My father accompanied me on th piano; my mother sat in the audience en joying me. She wasn't a stage mother She was a fortune-teller.

"Her clients came to our house in Jer sey City day and night. Some were he friends for thirty years. They swore b her because she was no fake. She ha real intuitive skills. She could analyz people and predict their fate. She a ways said if you had the talent, it didn matter whether you read palms, te leaves or what. They were all just de vices to enable one to size up a perso

"Years ago, my mother told me m fortune: I would make people happy men would love me and everythin would work out for me. She wanted m to have it *all.*"

Mary Crisp, co-chairperson, Republica National Committee.
Mother: Elizabeth Patch Dent

"My mother had eight children an devoted her life to us. She was an avi reader, a great believer in education. Sh never discriminated among her five son and three daughters in terms of educa tional opportunities. Maybe that's why went back to school for a Masters in po litical science when I was forty-five an hadn't worked for twenty-five years. M mother died nine years ago at age 86; i was before I rose through the ranks o the party. She would have been proud She always voted Republican."

Gail Sheehy, author of *Passages.*
Mother: Lillian Rainey

"When my mother's father discovere that she was taking voice lessons, he fo bade it. Singing was immoral to him; i would lead to a life of sin. So, despite he beautiful voice, my mother stopped sing ing and became a pink collar worker i a beauty shop. Then she modeled fo hair-coloring pictures.

"After she married, her central goa was to have a daughter who would hav a talent she could foster, enhance an enjoy guiltlessly to make up for every thing she'd been denied. So she opene every avenue for me to choose from: took ballet, modern dance, swimming diving, horseback riding, dramatics an piano lessons.

"Writing was always there but yo couldn't take lessons in it. I didn't dis cover you could write for a living until was twenty-three. I think my mothe and my English teacher, Roxie Hall, a Mamaroneck High *(continued*

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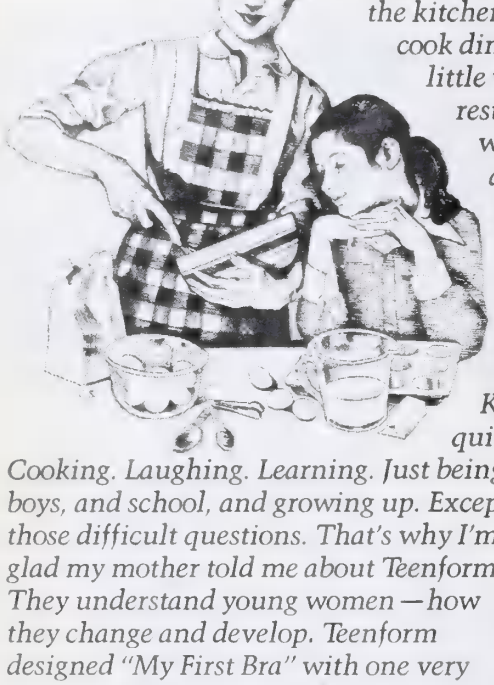
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Precious Moments



"I remember all those times I'd lean on the kitchen counter and watch my Mom cook dinner. The kitchen always felt a little warmer, a little cozier than the rest of the house. That's when we would have our best talks — about boys, about school, about growing up.

"Now I'm a mother, and my daughter and I spend a lot of time together in the kitchen. It's one of the few moments in a hectic day when Kathy and I can spend some quiet time... just the two of us. Cooking. Laughing. Learning. Just being together. We still talk about boys, and school, and growing up. Except now, Kathy is asking all those difficult questions. That's why I'm glad my mother told me about Teenform. They understand young women — how they change and develop. Teenform designed "My First Bra" with one very precious moment in mind — the time when a little girl becomes a young woman. And Teenform is there for all the important moments of growing up.

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They're like those mother-daughter talks in the kitchen. A little understanding. And a lot of love."



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School, gave me high standards made anything seem possible."

Marifé Hernandez, Chief of Protoco the United States for New York.
Mother: Lila Dominguez
Grandmother: Matilda Lopez

"My mother influenced me by her tude—that I could do anything—but grandmother influenced me by her ample. She was president of a dairy pasteurization plant in Puerto Ric most unusual occupation for a woma the twenties and thirties. She cam the states, learned about pasteuriza and convinced my grandfather to the farm in the country while she bu dairy plant in town. She bought mac ery and cows in the States and put baby picture on the milk bottles. made the dairy a real success. Eve ally she sold it to Borden.

"I remember her for her brains the way she handled businessmen— steel and silk. She was a redhead always wore white pleated skirts white lace blouses with violets at throat. I'm her spiritual heir. Of he children and fourteen grandchildren, the only professional woman. And I h red hair and love violets!"

Ruth Bader Ginsburg, lawyer, profes Columbia Law School.
Mother: Celia Amster Bader

"In retrospect, I see my mother n had a chance in life. She was one of e children. Although she had the brain in the family and graduated f high school at fifteen, she had to wor put her big brother through coll When she married my father, she ha stop working or he would be though as less of a man.

"My father always spoiled me. It my mother who shaped me up. In third grade I brought home a "B" on report card. She was horrified tha could be so lazy I couldn't earn an "A was seventeen when she died. My fa fell apart. His business went to hel was the classic situation: She had b the strong woman behind the ma

Melba Moore, singer, actress.
Mother: Melba Moorman

"My mother was always the n glamorous, dramatic and indepen woman in the neighborhood. She and father had a nightclub act and obviously loved show business. since we were a black, middle-c family, she wanted me to have a sec profession.

"So I became a college graduate a music teacher. It was a trauma me. I knew I had to sing. Finally,

(continued on page

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Psychiatrist's Notebook

How to Have a Happy Honeymoon

Theodore Isaac Rubin, M.D.

Whether it's you, a friend or a relative, don't let that honeymoon start without a realistic look at the perils and tensions that surround those first days (and nights) of marriage.

She's tossed her bouquet, said good-bye to her mother and father, and now she's leaving hand-in-hand with her husband. *The wedding night is here.* Only trouble is, neither the bride nor the groom is really up for a honeymoon. In fact, they're both a little sad. As they head out of town, they're leaving behind the friends and families who've been gushing over them for weeks. They're also leaving the excitement of their wedding celebration. Though they don't realize it, this young married couple is experiencing an emotional letdown many people feel when they embark on their first days of marriage.

We expect honeymoons to be completely joyful, but they actually present lots of difficulties. The newlyweds I've described above, for example, are both anxious to love each other. But because their relationship is still growing, they haven't yet developed fail-safe ways to do so. If they expect immediate happiness, they may be disappointed, even traumatized, when the inevitable problems arise. Many marital difficulties are thus sown in the earliest stages of the relationship.

People just being married shouldn't hold themselves up to any standard: Every honeymoon couple is different. Some brides and grooms know each other's values, idiosyncrasies and emotional soft spots well. They share interests and future goals, as well as a vocabulary to express their feelings. But these people are rare. Most newlyweds still have a great deal to learn about each other.

They usually come from different backgrounds or have had different kinds of emotional experiences. But this isn't necessarily bad. A man and woman can grow closer and more loving as they explain their feelings and points of view.

Talking to clients in psychoanalysis, I've seen that most honeymoon problems are predictable. I've also seen that wives and husbands can strengthen their marriage by discussing their difficulties as they arise. On the other hand, if they pretend that their marriage is a bed of roses, real damage can ensue. Here are ten suggestions to help you adjust to each other.

1. *New husbands and wives should choose whatever kind of honeymoon they like!* Forget your friends' and families' descriptions of the ideal honeymoon; there's no such thing.
2. *Remember that honeymoons can be stressful times, and try to lessen the strain.* If you or your husband feels uneasy far from home, stay close by. If you or he miss family or friends, return soon.
3. *Feel free to postpone your honeymoon.* If financial or health problems are pressing, you won't enjoy yourself anyway.
4. *Let your own sexuality—and your husband's—unfold freely.* If anyone tells you how often, or how long you should make love, don't listen! And if sex during the honeymoon doesn't set you ablaze, remember that neither marriage vows nor the act of leaving town automatically gives you sexual knowledge. Satisfying sex takes time, patience and verbal communication.
5. *Beware of this thought: "If he loved me he'd know what I wanted without my telling him. Telling spoils it."* This notion can destroy a marriage. A good relationship involves talking—telling him what you love, as well as what drives you crazy.
6. *If something dreadful occurs, don't think the marriage is doomed to a succession of similar disasters.* Honeymoons are special times, but when all is said and done, they constitute a pretty negligible portion of the marriage. So don't overreact, thinking your wedding was a mistake just because you feel uneasy for a few days early in your marriage.
7. *Don't let popular custom run you out of town.* No dictum states that a couple must have a honeymoon. But if you do forgo the experience, don't decide later on that you were deprived of a wonderful time.
8. *Don't use your bridal suite as an arena to test your own, or your husband's, ability to love.* Don't test compatibility or sexual proficiency there, either.
9. *Keep your expectations within bounds.* Some honeymooners expect breathtaking romance, intimacy and sex—and they expect it to last forever. In actuality, none of these highs can be sustained for very long.
10. *Don't blame your husband for the anxiety you're almost sure to feel.* (And don't let him blame you for his, either.) It's normal to have small misgivings after the wedding. What's more, the question, "Is this marriage really right for me?" will probably arise again as the marriage endures. The anxiety this question breeds should be talked about, with mutual support and understanding. Nervousness here provides you with the opportunity to become your husband's greatest confidante and ally.

Let him become yours, too. **End**

Dr. Rubin is a well-known psychoanalyst who practices in New York. He is also the author of "Alive and Fat and Thinning in America" (Coward, McCann & Geoghegan, Inc.). If you have questions you would like Dr. Rubin to answer in his column, please address them to him in care of Ladies' Home Journal, 641 Lexington Ave., New York, N.Y. 10022. We regret that only letters selected for use in the column can be answered.

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Spending Your Money

Sylvia Porter

In-season travel bargains; forecast on beef prices; what to watch out for in bargain contact lenses . . . and more, from our money expert.

My husband insists on making all the investment decisions in our family, saying that if I shared in any decisions I'd only increase the risk of errors. How do other married couples handle this situation? We're in our early 30s, and I worked as a secretary until we had our first baby a year after marriage.

Your husband is old-fashioned and close to becoming an extinct species. In a national survey of "women and investing" earlier this year by the Investment Company Institute of Washington, the findings disclosed this percentage breakdown of "primary decision" makers about savings and investments: Wife and husband participate equally, 74.3%; wife, 15.6%; husband, 8.0%; other, 2.1%.

My husband and I must take our vacations during the summer months when prices at the resorts we like to visit are at their peaks. We want "guaranteed" weather.

Try the Caribbean, where the weather in summer is just about the same as in winter and where "off-season" rates go into effect after mid-April. You might save as much as 70 percent as against in-season, first class, round-trip New York-Barbados tickets if you traveled on an advance-purchase, off-season, budget-price midweek airplane ticket. And your hotel rates might range from as little as $6 per person a night double-occupancy for an off-season, week-long "package" at a small Barbados hotel to $45 at a more expensive spot. You would find similar eye-popping comparisons at all the Caribbean islands.

Shop at various travel agents and airline tour desks—and ask what is available to you. Make toll-free (800) calls to major hotel chains. Plan well in advance (start now!), pay in advance, stick to your schedule to avoid hefty dollar penalties for last-minute changes. And if you must get up early in the morning to get on your bargain plane flight, do it with a smile on your face as you weigh the extent of the savings you are achieving along with the weather (plus air-conditioned rooms) you are seeking.

Both my fiancé and I are planning to switch college and graduate school majors from math to accounting. We love the subject and think we might open our own accounting firm after we have completed our educations and obtained adequate training. What do you think?

The job outlook in the accounting field "has never been brighter," says no less an authority than the American Institute of Certified Public Accountants. Just about every accounting graduate in 1978 found a job at the highest salary level ever, either with public accounting firms, private business and industry, or in education and government. The same brilliant prospect is held out for 1979. If the two of you get master's degrees, you'll be in particularly great demand. And your plans to work together after you have finished all your preliminary preparation seem destined for extraordinary success.

Is there any chance that supplies of beef will start increasing soon so families can cut down on this big part of our food budgets?

There's no chance for an increase in production of any meat except pork in the last half of 1979. And while larger pork supplies may help hold down increases in red meat prices, all that means to you is that the squeeze on your meat budget will be slightly less than it otherwise might be. If anything, supplies of beef will drop more steeply in the last six months of the year than in the first six. Production of veal may be slashed as much as 50 percent. Supplies of lamb are expected to be about equal to 1978's low levels.

It's all part of the basic meat production cycle, which is now at the stage where supplies available in the marketplace decline. Incidentally, the beef that will be available will come mostly from high-grade, grain-fed steers—and thus prices of hamburger and other low-cost meat cuts well may continue to climb more sharply than prices of steaks and roasts. It's a grim outlook, but these are the facts. And the situation could get worse if bad weather, even steeper jumps in energy costs and other adverse factors develop.

Our oldest daughter is being married in late August and, after comparison shopping for caterers, we're close to a decision and to signing a contract. Any last-minute guides?

Tell the caterer you favor that you would like to visit a reception the caterer is handling similar to the one you are planning. A few days prior to your own reception, visit the caterer and the hall to check on all arrangements. Before you sign: Make sure the contract specifies the number of guests, food, beverages, table arrangements, reception space, available catering staff, entertainment and all other details you presumably already have discussed with the caterer. Make your notes in advance, add notes when you meet and before signing, compare the contract with your notes. Even if you have confidence in the caterer and are familiar with his record, be warned: *(continued on page 138)*

What's for dinner, Honey?



They need me.

Am I doing it OK, Mom?

Let's face it. Joe couldn't quit his job to take care of the kids if something happened to me—and he couldn't afford to pay someone else to do it. That's why I got a piece of the Rock—Prudential insurance.

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he Prudential Insurance Company of America





continued from page 34

mother understood that what had ma her happy made me happy, too. No that I have a daughter, I understand n own mother; I don't want my daught in show business, either."

Bess Myerson, columnist, consultant.
Mother: Bella Myerson

"My mother was a strict disciplina ian. She plotted and planned so that n sisters and I all became good studen fine musicians and went on to caree We didn't question her authority ev though she never let us go out and pl or even help her in the kitchen. We h to practice our instruments. She didn know music but she was a perfectioni Every twenty minutes she'd yell o from the kitchen 'Wrong!' In another a she'd have been Catherine the Gre

"Once she took a job wiping tables a neighborhood cafeteria. We were a palled. She said to us, 'If you don't ha a profession that's what *you'll* do." As became a good pianist, I knew I owed to her. I taught twenty students piano won the 1946 Miss America pageant playing piano and flute and I took t scholarship money and bought a Stei way grand. At that time and to this da she never compliments me to my face learned through her discipline, not h praise."

Tina Santi, corporate vice presider Colgate-Palmolive.
Mother: Dale Santi

"If my mother were alive today, she be a feminist and a businesswoman a a winner. She ran a seventy-five-ac farm in Tennessee, first as an avocati then as a money-making propositi raising cotton and corn. Anything s did turned to gold. She could get t best deal out of anyone; she was e tremely persistent, afraid of no o strong-willed—but men and wom loved her. She was mesmerizing. picked up her style subliminally from o serving her. She died in an automob accident when I was fourteen. If she lived, she'd have my job or my bos Nothing could stop her!"

No single pattern emerges from co versations with these achieving wome Several trends, however, are interestin These mothers took their daughters se ously; they had high expectations wanted their daughters to prepare self-sufficient lives; they de-emphasiz marriage as a primary goal perhaps l cause they had sacrificed themselves men's careers; and they were seen their daughters as competent, effecti strong human beings.

Those of us who are mothers daughters growing up now might wo der what our daughters will say of o influence 20 years from today. E

See you later, alligator.



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Happily married but restless? Wonder how on earth one man can be enough for one woman for a whole lifetime? A reassuring look at how you can forsake all others without forsaking yourself. By Joyce Maynard

Let me say first that I love my husband, and treasure our marriage. I can't imagine spending my life with anybody other than the man I married. But sometimes, as I study photographs in newspapers of couples celebrating 50 years of marriage, I wonder—with six months and a good many battles to go before our second wedding anniversary—what it must be like to share 18,000 days and nights with any one person, no matter how deeply you start out loving him.

It isn't just managing to stay married that intrigues me. There have always been couples who stay together only because there seems to be nothing better to do or nothing worse than divorce. The couples who interest me most are the ones who truly stay faithful, physically and emotionally—with one woman loving one man all her days.

I have often considered whether it is possible for my husband to want no one but me for the rest of his life. That seems a pretty unrealistic expectation. But the next question is harder. If my husband does sometimes feel attracted to somebody else, what is he supposed to do about it? I know I want him to be happy. I know I want him to have everything he needs. But I also know that I don't want him to have a love affair.

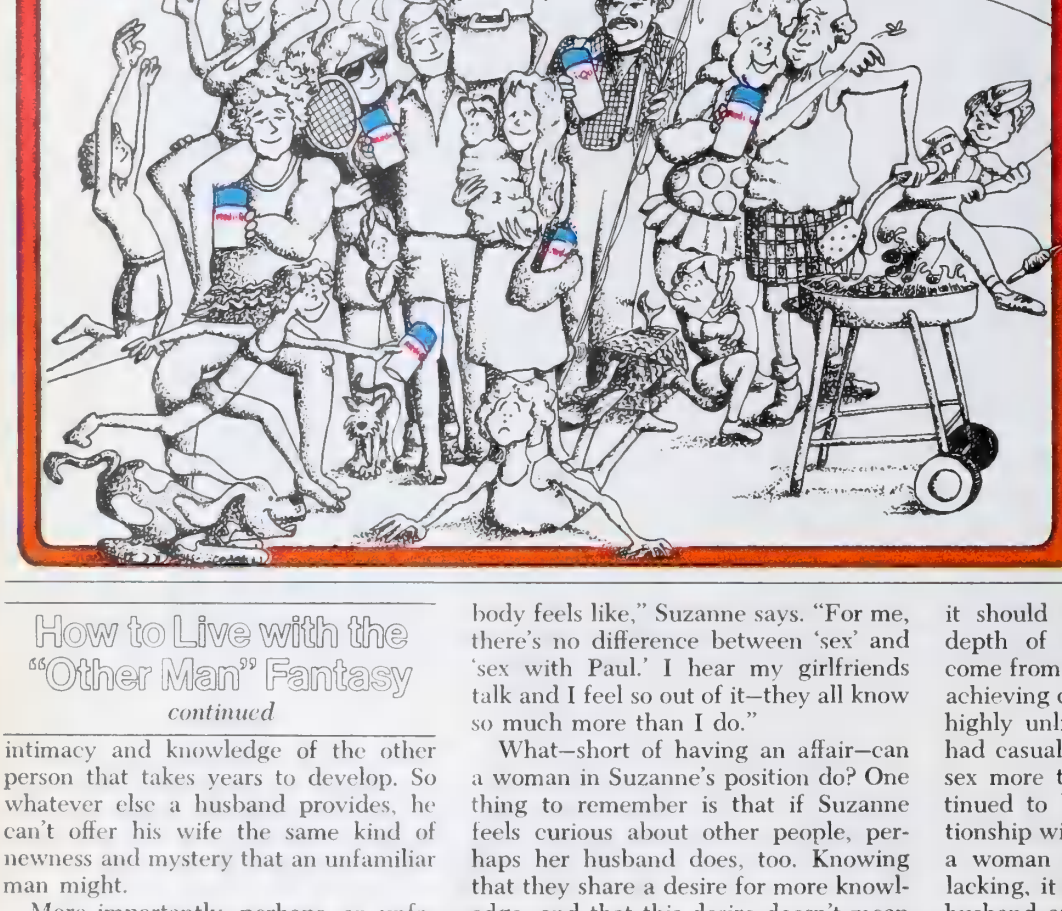
And now I'm asking the same questions about myself, and about women in general. The fact that a woman loves and is married to a man doesn't mean that her sexuality disappears with everyone but him. And these days—with so many women out in the working world, having children later and staying home less—there are more opportunities to meet other men, more tests to the solidity of existing marriages.

"Of my five closest friends," a married woman in her thirties told me the other day, "two are divorced, two are having affairs and the other one is thinking of having an affair. Every one of those women would have said once that her husband was the only man she needed." But now (in part, perhaps, because the women's movement has raised our expectations for our lives), many of the same women who once vowed never to look at another man, are asking whether one man—even the one they love—is enough.

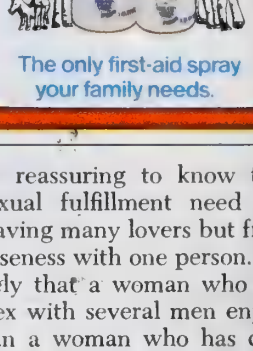
Just asking the question makes a lot of women feel guilty. "I don't know what's the matter with me," says Claire, a 28-year-old nurse and mother of two, married six years. "Rob is everything a woman could want in a husband. And still I end up daydreaming about other men, total strangers. I have to confess I enjoy it, but if my husband knew what I think about sometimes, riding the bus to work, I'd die." You may have everything you ever wanted in a husband—but a husband may not be everything you ever wanted in life.

Claire would feel better, probably, to know that nearly every woman I talked to sometimes imagines herself in a passionate embrace with a stranger. Thoughts never hurt anyone (except the one who entertains them if she feels guilty). And sometimes they provide an opportunity to play out in our heads what we won't actually do, and may not even want to do. When a woman fantasizes about a man she barely knows, it isn't necessarily a sign of diminished closeness with her husband. In fact, the very nature of that closeness may encourage curiosity about other men. A strong marriage depends on the kind of *(continued)*

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How to Live with the "Other Man" Fantasy

continued

intimacy and knowledge of the other person that takes years to develop. So whatever else a husband provides, he can't offer his wife the same kind of newness and mystery that an unfamiliar man might.

More importantly, perhaps, an unfamiliar man offers a woman the opportunity to be seen in an unusual way. Claire's husband, for instance, regards her as sensible, even-tempered, serious. With a stranger, she can break out, be anyone she'd like. Though a woman's fantasies remain unrealized, they can help her develop a sense of her own possibilities.

For some women, interest in other men may not be limited to quiet fantasy. At 31, Suzanne has been married 12 years to Paul, her high school sweetheart, and the only man that she's ever kissed. Their marriage appears to be growing and strong, and Suzanne feels no shortage of love in her life. But she does wish she had something else—experience. Suzanne worries (like many women) that the whole rest of the world is doing things she isn't, more often, with more dramatic results. "I don't even know what another man's body feels like," Suzanne says. "For me, there's no difference between 'sex' and 'sex with Paul.' I hear my girlfriends talk and I feel so out of it—they all know so much more than I do."

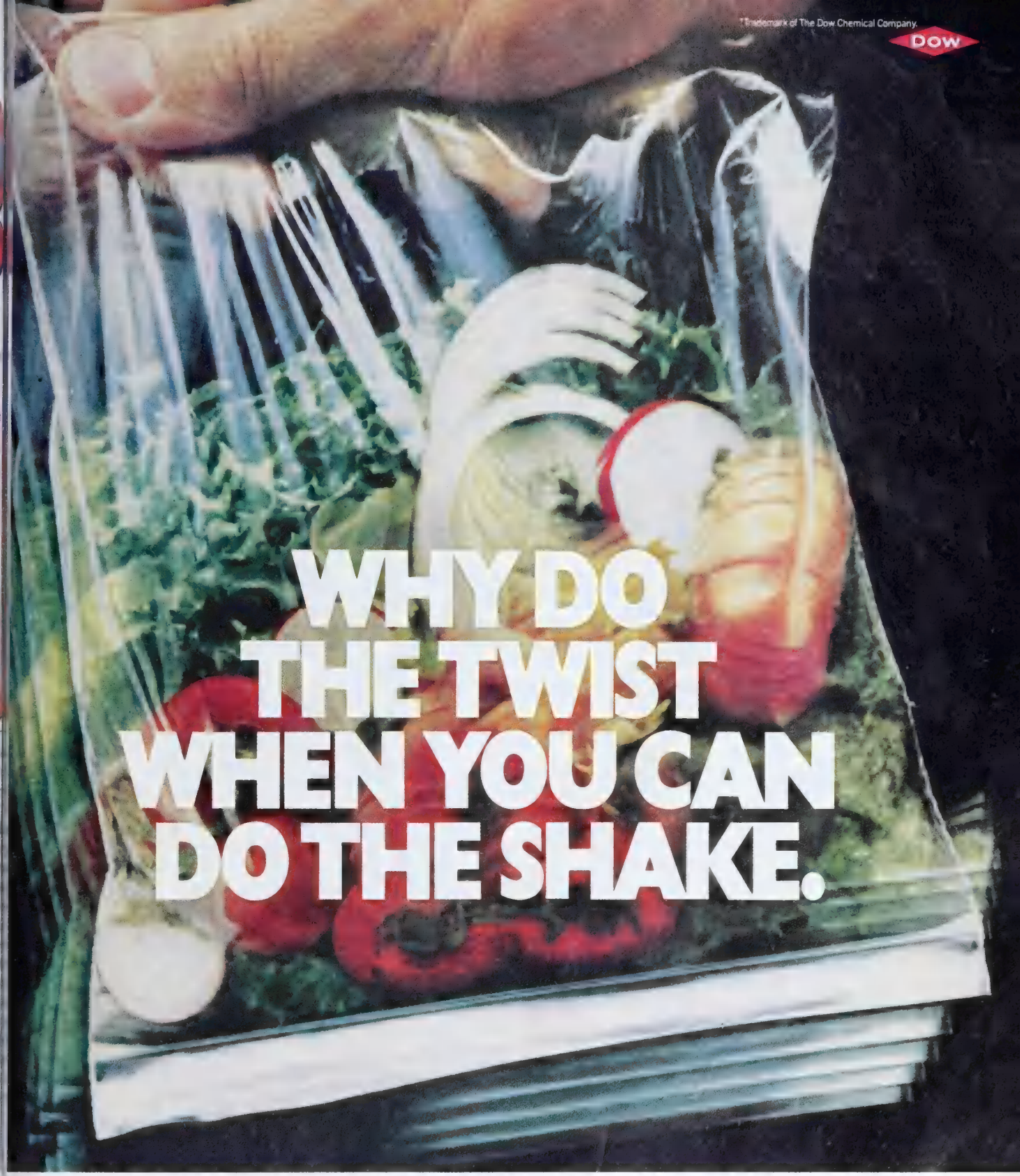
What—short of having an affair—can a woman in Suzanne's position do? One thing to remember is that if Suzanne feels curious about other people, perhaps her husband does, too. Knowing that they share a desire for more knowledge, and that this desire doesn't mean they don't love each other, Suzanne and Paul can work together to learn. They might try going to a sexually explicit film together, or reading aloud from an erotic novel. These activities might broaden their knowledge—without direct experience.

Whether a woman is inexperienced like Suzanne, or very experienced like Moira, who married at 31 after having had several relationships with men, the idea of sleeping with the same man for a whole lifetime may seem limiting. "I regard my husband as the most exciting man I've ever known," Moira says. "But is it fair—or reasonable—to expect one man, no matter who he is, to meet all your sexual needs for a lifetime? Sometimes I worry that the time may come when my husband won't be able to meet my needs. If that happens, I don't know what I'll do."

For women like Suzanne and Moira, it should be reassuring to know tha depth of sexual fulfillment need nc come from having many lovers but fron achieving closeness with one person. It highly unlikely that a woman who ha had casual sex with several men enjoy sex more than a woman who has con tinued to build and strengthen a rela tionship with one man all her life. Whe a woman does feel that something i lacking, it may be because she and he husband are always the same togethe A woman can be the same person to te men, or ten different people to the sam man, depending on how energetic an inventive she's willing to be. And th more energy she puts into developin her sexual self, the more likely her hus band is to respond with equal energy

Wistfulness

Sometimes the qualities that draw woman to other men are ones that ar difficult for a husband to provide. "Wha I miss in my marriage," says Natalie "is the excitement of courtship. I mis the nervousness, the anticipation, th thrill of getting to know a man." Nata lie's wistfulness over the time when sh was pursued—at a time when she's al ready been won—is something even th most happily married woman can ap preciate. The very fact that a marriag is well-established and secure mean that a woman has forfeited *(continued*



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How to Live with the "Other Man" Fantasy

continued

the different set of pleasures that come when two people hardly know each other, when everything is new. Sadly, married people tend to pay less attention to their mates than they did to their teen-age loves. And the facts of day-to-day togetherness can dilute the excitement, too. It can be difficult to feel romantic about someone whose laundry you just sorted.

Sometimes a woman goes to great lengths to restore the excitement. "Sam and I don't take anything for granted anymore," says Valerie, whose 15-year marriage was recently rejuvenated following a six-month separation. "I left, not because I'd really stopped loving Sam or because he'd stopped loving me, but because our love was so much a foregone conclusion that we never did much about it. To the point where it almost did disappear. When I told Sam I was leaving because I didn't feel his concern for me anymore, he said, 'But it goes without saying that I love you.' Well, 'I love you' should never go without being said."

During the half year she spent away from her husband, Valerie went out with several men. She discovered that the one she really wanted was Sam. "I guess I needed to know if anyone could still be interested in me," Valerie says. "Finding out that I am still attractive raised my self-confidence. And the threat of losing me forced Sam to work a little harder at showing me he *was* interested."

Can be suspenseful

But couples shouldn't have to be apart to discover that they still want to be together. And they needn't reach the point of separating if they each work, every day, at keeping the other's love the way they used to work at winning it. Nothing is likely to duplicate the feelings a woman experiences, as a girl, in the front seat of her future husband's 1957 Chevy. But a marriage can be suspenseful. If there's anything we should learn from current divorce statistics, it's that being married doesn't make love a sure thing.

Valerie turned to another man because, for a time, her marriage was troubled. What happened to Janet, a 33-year-old mother of four, was a very specific attraction to a particular man. "My husband Peter and I have been together for ten years now," she says. "We've had the usual rough times, but I've always felt we have a really strong marriage. Sexually, emotionally—we're just good together."

Last year, when her youngest child entered nursery school, Janet enrolled in art school—a long deferred dream. "Peter tried to get involved in what I was doing," she says, "but he never knew what to say when I'd show him a sculpture I was working on." Then, after class one day, one of Janet's teachers asked her to have coffee with him. Their coffee hours became a regular part of Janet's life. She began to treasure them, and the intense, almost passionate conversations about painting and sculpture.

"Nothing sexual ever went on with John, my art teacher," Janet explains. "But I felt guilty about our meetings and I never mentioned them to Peter. Even though all John and I did was talk about art."

Janet came to realize that she was having a love affair with art, not the art teacher. "I know now," she says, "that my relationship with John, who also is happily married, in no way threatens my marriage to Peter." Janet feels an attraction to John, for sure. Most friendships, after all, are based on two people's attraction to qualities in each other. But not necessarily sexual ones.

Many needs

One answer, then, to the question, "Is one man enough for a woman?" is "Of course not." Every woman—every person—has many needs, and no one man or woman can answer all of them. If a woman's friends must all be female, she's limiting herself to half the available population.

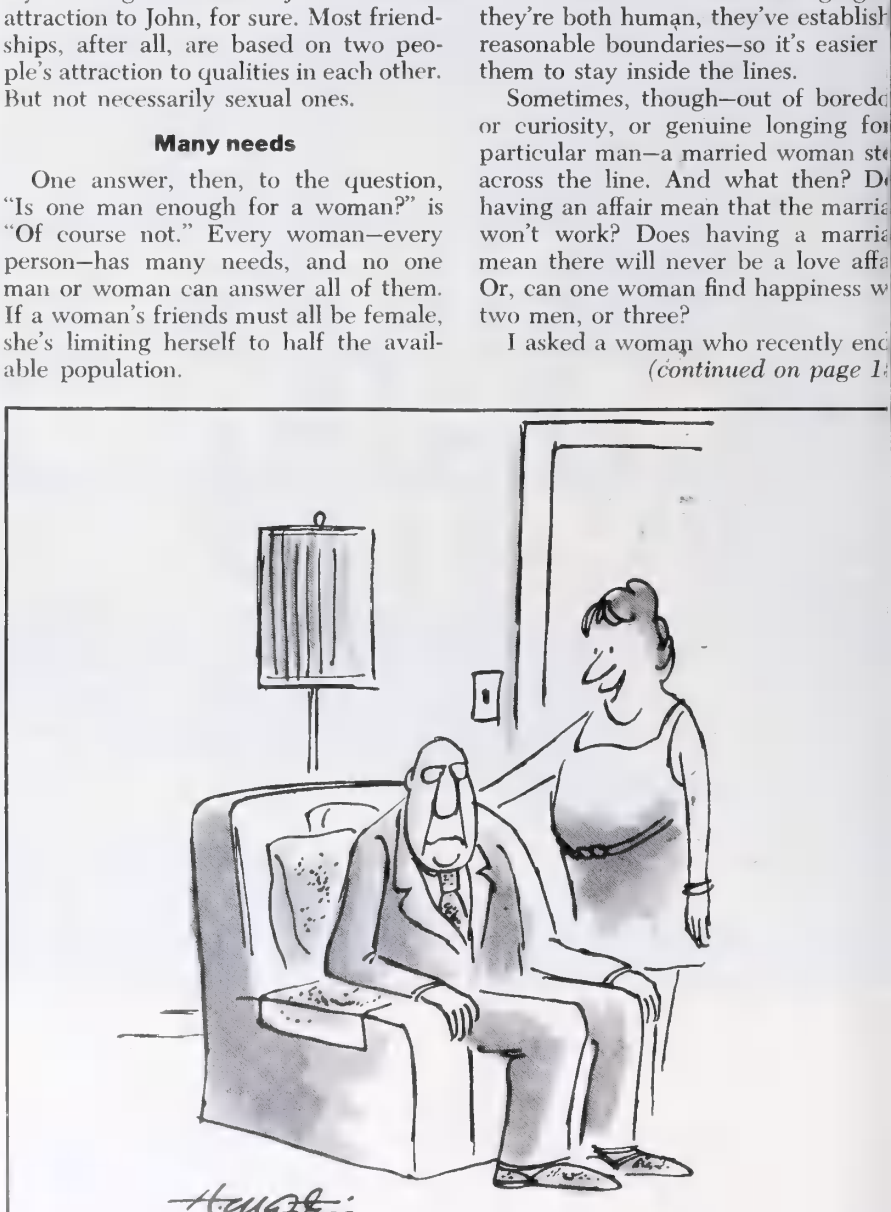
Some husbands, of course, can't cept that their wives have friendsh with men. Not surprisingly, theirs n be the marriage most in jeopardy. "S was always watching for one false mo one look at another man," says Pat who recently divorced her husba "Well, I believe that attitude makes y feel so smothered that you're more lik to look."

But being married doesn't mean t a woman never looks at another m and simply looking shouldn't be rega ed as unnatural and dangerous. I kn a woman, Sandra, who's crazy about husband and has what I consider a v good marriage. Sandra keeps B Reynolds' picture on the refrigera door—with her husband's blessing. knows it doesn't mean she'd rather married to Burt Reynolds. Sandra a her husband agree that attraction others is natural. In acknowledging t they're both human, they've establish reasonable boundaries—so it's easier them to stay inside the lines.

Sometimes, though—out of boredo or curiosity, or genuine longing fo particular man—a married woman st across the line. And what then? D having an affair mean that the marria won't work? Does having a marria mean there will never be a love affa Or, can one woman find happiness w two men, or three?

I asked a woman who recently end

(continued on page 1



"Well, Ernest, what would you like me to needlepoint for you next Christmas? Another pillow? A squash racquet cover? A footstool? A telephone book cover? A cummerbund? A motto? A bellpull?"

New Belair... all the way to fresh!



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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Jimmy and Joey meant everything to me. But I couldn't give them the kind of life they needed. That left me just one heartbreaking decision . . .

"I Gave Up My Children"

By Ingrid Briles



"What kind of woman would give her children away?"

I've heard that question many times. Usually it's followed by, "I'd never do a thing like that. I'm a good mother." Well, I'm a good mother. And I gave up my children, and perhaps it's time to answer the question.

Before anyone could truly understand my decision, they'd have to understand my background. When I was five years old my parents divorced, and my custody was the focus of their battles. I remember my father angrily demanding that I tell him who I loved—him or Mother. The implication being that I was not allowed to love both of them. When I chose Mother and went to live with her, my father rejected me totally. Seven years later Mother died and my father, who would never forgive my choice, didn't want his 12-year-old daughter.

The court "awarded" me to my mother's brother and his wife. They had six children of their own, and there just wasn't enough love left over to share with an unexpected child. From the day my mother died, there was no one to touch me, listen to me, or care about me.

At age 19 I married a boy I'd met in high school. He was nice and he treated me with kindness. That was the whole basis of our marriage. But shortly after our first wedding anniversary, my life changed. Our first child, Jimmy, was born. As I held my tiny son, all the love I needed to feel, all the love I needed to give someone was right there in my arms. I felt complete, fulfilled—and those feelings only grew stronger with the birth of Joey, our second son. I enjoyed everything about motherhood, and the most perfect moments in my life have been those spent with my children. I love my children in a way that's too special even to try to put into words. Yet one day, after one night's thought, I gave up my sons, the only two people who mattered in my life. *(continued)*

Photograph by Neal Slavin



Celebrate the gentle art of being a woman.

Every day you win. More independence. More success.
But you still love to cry at sad movies.
You still believe in the power of love at first sight.
And you think fragrance should be all flowers and feelings.
Because being a woman—is everything.

Piqué.

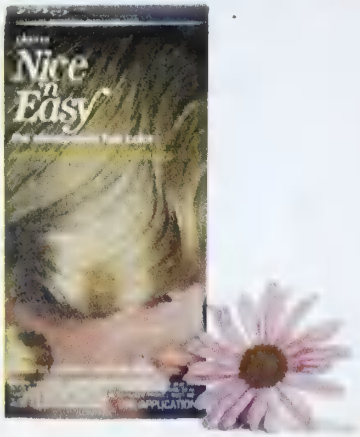
By Paula Kent Perfumes from Redken
at select hairstyling salons.



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I like any kind of ice cream as long as it's strawberry. And any kind of haircolor as long as it's named Nice 'n Easy. It gives me the built-in conditioners I need. And the natural-looking highlights I love. It's as if they made it especially for me!



Nice 'n Easy® haircolor. It sells the most.

"I Gave Up My Children"

continued

I'm glad I did. Under the same set of circumstances I'd do it again, for I feel sure I did what was right.

It took eight years of bitterness to admit that my marriage was a mistake. I had been in love with a promise of security—and not my husband. The marriage, I knew, had to end. Since I felt more strongly about this than did my husband, I thought I should be the one to leave.

I packed the clothes, told the children we were going on a vacation, and with $400 in my pocket we left. I had no destination (a bad mistake), we just headed for a warmer climate. In South Carolina the car's clutch gave out completely. There I was—stranded in a small town, with two young children, a dwindling $200 and a motel room that cost $20 a day. Luckily, I found a job as a waitress right away. It only paid a dollar an hour, but it was a start. After four days in the motel, I found an apartment for $80 a month (the first month's rent and utility deposits payable in advance). By the time we moved, I had only three dollars, which had to last until my first pay day, four days away. We had to make do with peanut butter and day-old bread.

Alone

At the motel, the owner's wife, who had kids of her own, had watched Jimmy and Joey while I worked. When we moved I asked the woman next door if she would please baby-sit. She said she adored children and would love to help out. That night I found Jimmy, who was then seven, and Joey, who was four, alone. The neighbor left a note that read, "Sorry, got a party to go to. The kids'll be okay on their own." I don't know what other people do, but I don't leave my children by themselves for eight hours at a time. I didn't know anyone in town, I was broke and desperate, so I talked my boss into letting the boys play in the restaurant's kitchen where I could keep an eye on them. It solved one problem, but others popped up.

The three of us couldn't live on less than $40 a week, so I took on an extra shift. I was then working 16 hours a day, sleeping about six hours a night, when I could get to sleep. Most nights I tossed and turned, worrying about what I was doing to my children. I felt guilty, neglectful. I was sorry that I had lied, telling them we were on vacation.

One night, Jimmy burst into tears, sobbing that he missed Daddy and his dog, and that he didn't want any more vacation. He cried most of the night, and I cried right along with him. When he fell asleep, I spent the rest of the night taking a close look at where we were headed. I didn't like what I envisioned.

As deeply as I loved my children, I was cheating them. Sixteen hours a day, six days a week, in a restaurant kitchen was no way for children to spend their time. Having them sleep on the floor until I finished work was hardly a thing to do to the ones I loved. Hearing them say, "Mommy, I'm hungry," was the most demoralizing sound in the world.

Then there was our living situation to consider. When my ex-husband and I bought our home, we had the children in mind. It's a big, old house with plenty of room to roam and play, on an acre of land that has trees to climb, a stream to wade in and there's no one around to annoy with the screeches and laughter of childhood. The house is in a small town, the one the kids were born in, with people they've known all their lives. Put simply, it was a perfect place for them to grow up. Instead they were with me, in a tiny, furnished apartment where they fell asleep to the sound of neighbors yelling at one another.

I also had to think about their education. Jimmy has dyslexia, a reading disability, and he needs a good school with very special teachers. He had that school where we used to live, but not in this new town.

Finally, I had to think about my ex-husband. We couldn't make a go of our marriage, but that didn't mean he was a bad parent. On the contrary, he was a wonderful father. When Jimmy and Joey were babies, he changed their diapers and sat up nights with them when they were sick. When they were too tiny to do more than get in his way, he let them "help" change the car's oil and took them on fishing trips. He loved them, and nothing would convince me that he loved them any less than I did just because he was a man.

After putting the facts together, I made my decision. The next morning I asked for a salary advance. I treated the kids to a big breakfast, then drove to the airport. I told the children they were going home and that I'd meet them there in a little while. I couldn't bring myself to tell them the truth. It took all my strength to do what had to be done. After kissing them good-bye, I called our family lawyer to tell him what plane they'd be on and asked him to have my ex-husband there to meet it.

Five years have passed since that day at the airport. In that time I remarried, and I have a four-year-old son and a two-year-old daughter. When I married Dave, many people wondered why I didn't try to regain custody of my sons. The answer is they have the kind of life I want them to have. Their father has given them everything I wish my own father would have given me. They're surrounded with love and warmth and

(continued on page 144)



"What'll I do with the nuclear wastes?"

Bring spring beauty to any room with designer Millie Hines' savvy ways to sew with floral print squares. Kit contains a yard of 100 percent cotton chintz, which yields four different bouquet prints (17" sq.) to sew in combination with your own fabrics and colors. Full instructions for all bed sizes and all items shown. By Ann B. Bradley

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Kit contains illustrated instructions for every item shown plus one yard of fabric, which yields four bouquet blocks for your use.

Add sales tax (N.Y. & Ia.) $_____

Total enclosed $_____

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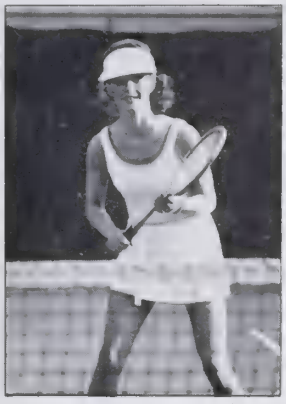
Name

Address

City State Zip

Summer: The season that makes you feel younger can make you look older.

Remember when you were young, how good it felt to spend a day outdoors? Collecting seashells down by the beach, or enjoying long picnics by the lake, even lazing around the backyard was a special summer pleasure. You never worried about a thing, least of all, the drying effects of summer weather.



But now you're older. So when you are enjoying yourself outdoors, remember that warm, wonderful weather can become your skin's worst enemy. And, unfortunately, each successive summer season further promotes dryness and wrinkles . . . robs your skin of moisture and steals its youthful look.

Usually, it starts with tiny lines around the eyes and mouth. Then, the skin becomes dull and tight to the touch. . . you can feel the softness slipping away. Before you know it, you're beginning to look older than you really are.

That's why you should discover the secret of the mysterious beauty fluid that restores the suppleness that your skin can lose to burning sun and drying wind. Millions of women around the world share the benefits of this beauty secret and here in the United States, it's known as Oil of Olay.

As soon as you try Oil of Olay, you'll realize how different it is from anything else you've ever used. It's a tropical blend of precious oil and emollients that magically recreates a young and beautiful climate for your skin. In fact, Oil of Olay is so remarkably similar to your skin's own natural fluids and oils, it can actually restore your youthful look with regular use.

Oil of Olay is completely greaseless, so it never just sits on your skin. Nothing penetrates faster or works better to soften those telltale little lines and to silken the feel of even sun-dried skin.

Just gentle this precious fluid on your face and throat every morning, every night and watch your skin drink it in. Your very own mirror will tell you the lustre and radiance of your skin has returned. And don't be surprised if your husband notices it too.

And Oil of Olay is so light-textured, it's the ideal foundation under makeup. It provides a smooth, even finish and helps prevent your makeup from streaking and caking. Sometimes, you may even want to wear it all alone, without makeup, to cherish bare skin and give it a radiant glow.

Once again, summer is here. And now, more than ever, is the time to discover the secret millions of women around the world share. Oil of Olay. The mysterious beauty fluid that can help you look your youngest, even on the hottest day of summer.



BEAUTY HINTS

When you return from the beach, take a refreshing shower. . . and after that shower, lavishly apply Oil of Olay® beauty lotion all over your face and body. This will help alleviate that taut and tingly feeling that so often comes after a day in the sun – and it will also help prevent you from peeling too soon.

If you've acquired a glorious-looking tan, forget about makeup. Instead, indulge your face with a wash of Oil of Olay. It will make your natural healthy look even more glowing.

Source: comparative 'tar' and nicotine figures: FTC Report May 1978.
Of All Brands Sold: Lowest tar: 0.5 mg. 'tar.' 0.05 mg. nicotine av. per cigarette.
Golden Lights: 100's—10 mg. 'tar,' 0.9 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health



100's smokers: How can you reduce tar without cheating your taste?

With this.



10 MG. TAR 0.9 MG. NIC.

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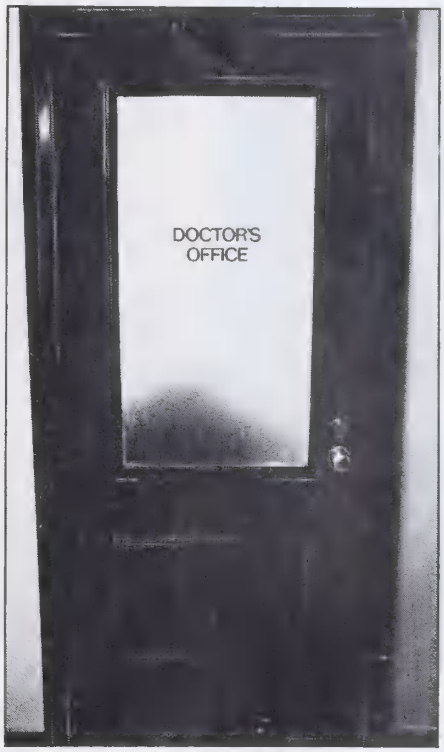
As low as you can go and still get good taste and smoking satisfaction.

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Sexually Abusive Doctors

How women are betrayed by the men they trust most

Doctors are supposed to be morally responsible. And most of them are. Here's a disturbing report on the ones who aren't—the physicians who use their position not to heal but to harm.
By John Kelly



EDITOR'S NOTE: *The cases reported here are from actual court and medical disciplinary board records. Names of the physicians and the patients (with the exception of Renatus Hartogs and Julie Roy) have been changed to conceal identities. Authorities quoted, however, are identified by their actual names.*

The court record is quite specific about the date and time. The visit took place at 5 P.M., October 26, 1975.

Brushing her hair that morning, Jane Colbert felt something strange on her upper neck. Examining the skin with a hand mirror, she saw a ridge of puffy, red bumps running down the nape of her neck. They should be looked at right away, she decided. Maybe Dr. Arthur, her family doctor, could fit her in for an appointment late that afternoon.

The waiting room was at the back of the Arthurs' rambling Victorian house. It was a spacious, cool, airy room, and Jane was surprised to find it empty. Apparently she was the last patient of the day, even the nurse had gone home. Turning around, Jane saw Dr. Arthur standing in the office doorway, where he motioned for her to enter the examining room. She thought it strange that he didn't say a word.

"Inside, it was very dark," she said. "The only light came from a small lamp in the corner. There was soft music playing in the background. Dr. Arthur looked at my neck briefly, then told me to lie, face down, on the examining table. He ran his hand over my neck again, and probed my back."

His initial diagnosis—a tipped uterus—startled Jane. A tipped uterus and bumps on the neck? It didn't seem to add up. "But he said a tipped uterus could produce swelling, and he wanted to give me a pelvic examination.

"'I can see signs of a vaginal infection,' he said after a brief examination, and after about five minutes or so, he said he was going to apply medication. He told me the application would work better if I moved. So I did."

By this time Jane had an uneasy feeling. "He was talking strangely, his voice was low. I felt embarrassed and wanted my husband to be with me. I told Dr. Arthur I wanted Mike. But he said, 'You don't want to think about Mike now. Think about being on a beach with waves and water.' "

Jane remembers suddenly being aware of the music again. "Then Dr. Arthur leaned over and whispered, 'That's a good baby. Move, baby.'

"I shouted, 'Stop,' and I leaped off the table, got dressed and ran out of there." That evening Jane's husband took her to see another doctor who found no signs of the medication Dr. Arthur mentioned.

A month later Dr. Arthur called, wondering why Jane had missed her semiannual breast examination. That was the last she saw or heard from him until the disciplinary hearing in June. She was one of several women who testified against him.

Shortly after the hearing his license to practice medicine was revoked.

The Dr. Arthurs are, of course, the exception. Most of the approximately 300,000 men and women who practice medicine in this country are selfless, dedicated and acutely conscious of their ethical and moral responsibilities. There are, however, some problem personalities among them. But in what numbers—great or small—isn't at all clear. Very little, in fact, is clear about physicians' sexual misconduct, including why and how frequently it happens.

The strictures against it go back to 400 B.C. when Hippocrates urged his colleagues "to abstain from the seduction of females." That warning has been echoed since by virtually every organized medical group. But it's also true that, up until very recently, a gentlemen's agreement within the profession protected physicians who did lapse. "You just didn't talk about your colleagues," says Barbara Bess, M.D., associate professor of psychiatry, New York Medical College. "It was an unspoken rule."

Another reason for the silence is that almost all the incidents involved women patients. "The assumption was, this is a hysterical female," says Dr. Bess. "So her story tended to be disregarded."

This attitude is changing now. "A woman *(continued)*

Photograph by George Obremski



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The Cosmetic Shave.
Only from Personal Touch™
by Schick.
The razor that looks cosmetic.
And shaves cosmetically close.
Designed for women only.
Special rounded shaving
head. Curved handle.
Twin blades for the
beautifully smooth,
safe Cosmetic Shave.
Matching refills, too.
Smooth *is*
The Cosmetic Shave.



Sexually Abusive Doctors

continued

is much more aware of her options and her credibility," says Dr. Bess. "She's far less intimidated by male physicians and far more likely to report incidents of sexual abuse."

Not to be ignored either is the growing influence of malpractice suits. Technically, physician-initiated erotic behavior doesn't necessarily constitute malpractice. In most cases, it's considered unethical conduct and is handled as a disciplinary action by the various state licensing boards. A patient can sue on grounds of malpractice only if she can demonstrate that sexual contact was an improper use of medical treatment. (Example: A psychiatrist advises sexual relations with him as a treatment for sexual maladjustment.) Yet despite the legal technicalities, which keep cases out of the regular courts, sexual misconduct is gaining attention. "Doctors see these one- and two-million-dollar settlements, and it makes them much more aware of the legal risks involved in what they do," says Joseph P. Cosentino, M.D., Medical Consultant, California Board of Medical Quality Assurance.

Still, the average physician's attitude toward errant doctors remains an equal measure of embarrassment and disbelief. "On a subconscious level," says Dr. Bess, "I think a lot of doctors can't bring themselves to believe that a colleague would do such a thing. The attitude is: 'How could they?' "

Invariably, though, some do.

Significant minority

Judging from available statistics, that "some" represents a fairly significant minority. Up to 13 percent of the 460 physicians questioned in a recent UCLA study admitted to erotic contact—meaning everything from kissing to sexual intercourse—with patients. And 25 percent of the 400 gynecologists, in a not-yet-published study by Don Sloan, M.D., director of the Human Sexuality Clinic at Lenox Hill Hospital in New York City, also admitted to erotic contact with patients. Equally significant are the results of a survey of nearly 100 freshmen medical students: 25 percent saw nothing wrong with erotic contact "under the right circumstances."

To be fair, none of these reports is even remotely definitive. All deal with groups under 500 in number. Almost all are limited to a single group, specialty or geographic area. The one exception is the UCLA study by Sheldon H. Kardener, M.D., adjunct associate professor of psychiatry, Ivan N. Mensh, PhD, professor of medical psychology and Marielle Fuller. Covering five categories of specialists—psychiatrists, gynecologists, general practitioners, internists, surgeons—it is the largest, most comprehensive study of its kind. And two of its findings are worth looking at in some detail, because they are illuminating, troubling and surprising.

The first surprise is how the specialties ranked in frequency of erotic contact. Despite all the bad jokes about couch-side Romeos, psychiatrists placed third. Well ahead of them were gynecologists, who had the most erotic contact with patients and, unexpectedly, general practitioners, who placed a very close second. "Possibly, the general practitioner's long-standing relationship with patients provides more opportunities for such contact," says Dr. Mensh. Internists and surgeons placed, respectively, fourth and fifth.

The study's other surprising—and most troubling—finding was how many doctors saw nothing wrong with erotic contact. Despite all the strictures, 19 percent of the respondents actually felt erotic contact was useful to patients. And, Dr. Mensh notes, this figure is remarkably close to the 25 percent of medical students who saw nothing wrong with erotic contact "under the right circumstances." These figures, he says, "delineate a core group of *(continued on page 179)*

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Beauty Journal

Fair June—no better time to shape up, care for your health/self . . . and remember Daddy.

SUMMER SKIN ALERT

Reminder time that what can give you pleasure (basking in the sun) may also cause you pain. We know, we've read, we've researched that ultraviolet rays, besides reddening and ultimately aging your skin, are also the causes of some skin cancer. But, we confess, that after sending out warning signals, even we weren't sure exactly how to spot the danger signs—early. Dr. Diane G. Tannenbaum, Associate Clinical Professor at New York University's Dept. of Skin and Cancer explained some basics. ▪ *Skin type* plays a part in the risk factor. Fairness and/or freckles means more vulnerability. Dark or oily skins have less incidence by far. • Here are three skin problems to check your body for: *Basal Cell Lesion.* Looks like a translucent pimple. Only, unlike a pimple, it doesn't disappear. If you notice something popping up and protruding after a couple of weeks, see a dermatologist for removal. This is a surface form of cancer; does not spread internally. Generally found over age 40. *Squamous Cell Lesion.* Looks scaly, with crust on top; usually brownish or dark pink in color. Appears on skin for the first time in sun-exposed areas. Later in life, usually 50's and 60's. *Malignant Melanoma.* Sudden appearance of dark flat spot; variety of colors (one, reddish with black dots). Or, watch for change in a mole (itchy or red). Often on non-tanning areas of the body. Spreads quickly; any age, mainly 25-40. Serious. • *Patient privilege.* Take time after bathing to survey your skin, inch by inch. If you spy anything strange or growing, make an appointment to see a doctor. Remember—you, as patient, have the right to ask for a biopsy of any lesion. If a doubt remains, get a second opinion. Better safe . . . than sorry.

WEDDING LAURELS



Corny as it sounds, more brides *do* wed in June (we proudly point to our Beauty Assistant, Rhonda Smith, June 23). For a fresh change from the traditional veil, try a coronet of flowers. Easy, becoming and fitting with any style gown. If handy, pluck buds from your garden; otherwise, order from florist. Or, use silk flowers. Entwine two or three types such as roses, lilies of the valley, baby's breath. To do: Brush hair up into soft chignon, high on crown; anchor with pins. If hair is short, curl up on hot rollers or with curling iron. Place garland on; secure with pins. Added plus: Pull a few flowers to pin into chignon when honeymoon-bound.

NEWS TO YOU

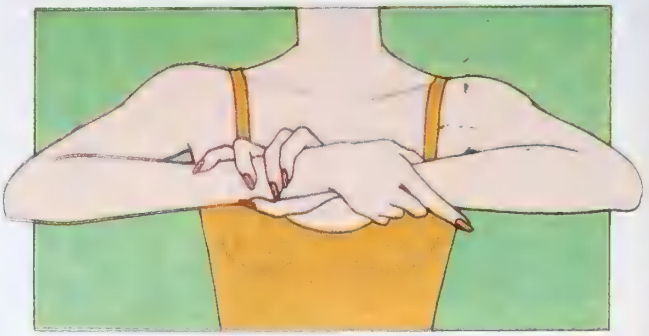
Out-and-out beauty ideas for the up-and-coming summer. All for the good . . . ▪ Small but powerful. Lipstick-sized protection for delicate parts (nose, lips, ears) against burning, chapping. sunStick by Texas Pharmacal Co., $1.25. • Not tanning this year? Keep 99.5% of the sun's harmful rays away with a long-lasting (4-6 hours) waterproof shield. Solar Cream by Doak Pharmacal, 1 oz., $5. ▪ Want a healthy looking glow without the sun? Get in the pink with sheer clear Sunrose. All-Over Face Color from Avon, 1 fl. oz., $3.50. ▪ If, by chance, you've tanned your hide, soften things up with a special moisturizing lotion. Anti-peeling, too. Tropical Blend After Sun Lotion with Aloe by Coppertone, 8 oz., $4. ▪ Beauty at the beach. A shade for your eyes as blue as the skies, as pink as the clouds. Waterproof Two Tone Automatic Cream-On Shadow by Maybelline, $2.25. • Jazzy strokes. Nail colors on a high. Wanted: Red Sparkler, a daring frosty enamel. "Night Moods" by Cutex, 90¢.

FRAGRANCE FOR FATHERS

. . . or for steadies or mates—be the big date Father's Day, graduation or birthday. • Conjure up an image. Is your man anything like Cary Grant/Fred Astaire? Even if he isn't a smoothie, he, too, might fall for the sophisticated set of sexy YSL Pour Homme After Shave and Soap. Le Set by Yves Saint Laurent, $10. • What's his idea of heaven? An afternoon on grass courts? At the helm of a catamaran? Try cool, brisk Lacoste Eau de Sport by Jean Patou, 4 oz., $15. ▪ He likes power, pure and simple? He'd be drawn to the quiet strength of a woodsy, aromatic scent, like John Weitz Cologne, 2 oz., $9. ▪ For the gentleman who seeks something new with the raciness of a classic; spicy, sleek Aston Cologne by Alexandra de Markoff, 4 oz., $18.50. ▪ Warm his environment with an earthy blend of dried woods, herbs, spices. Fontana Pot Pourri by Claire Burke, $5.

EXERCISE OF THE MONTH

Q. *Is it possible, at age 41, to reduce and firm my flabby upper arms?—P.S., Brooklyn, N.Y.*



A. Of course. Here's a good upper arm developer that you can do almost anywhere, anytime. While standing or sitting, clasp hands firmly around wrists (as shown). Press against each other and release. Repeat 10 times. Keep arms in a straight line; high. Good for pectorals, too.

Border by Julia Noonan. Drawings by Thea Kliros.



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MICHAEL LANDON

On or off screen, TV's Pa Ingalls is adored by children. Despite his own painful childhood he has become a Father's Day role model. By Louise Farr

Michael Landon eases himself out of his blue canvas producer's chair on the Paramount set of *Little House on the Prairie*, ambles toward the camera and proceeds to direct himself in a scene with Melissa Gilbert, who plays his television daughter, Laura Ingalls. Laura is feeling neglected by her pa, who's giving all his attention to the family's newly adopted son. She leans on the rough-hewn fence near the Ingalls' make-believe barn and gazes at her father, her eyes almost, but not quite, brimming with tears as she asks him to take her fishing. Her pa, perfect father that he is, agrees.

Landon, whose father never once took him fishing, wrote the scene.

"*My* father," says Landon, looking boyish and tousle-haired at 42, "my father—he was a great guy, but a *terrible* father. It wasn't his fault. He went to work when he was seven, and he had no idea of what it was like to be a child."

When Michael was growing up as Eugene Orowitz in the small town of Collingswood, New Jersey, he went fishing from sunup to sundown. But he went alone. His father didn't fish. His father didn't play games. Fishing was Landon's escape from home and from the deadening silences between his mother and father. "My parents didn't particularly care for each other," he says carefully.

"I think," adds his second wife, Lynn, "that one of the reasons Mike's so good with children is because he missed out on a real family life himself."

It seems apt that Landon, who executive produces, directs alternate episodes, stars in and sometimes writes *Little House*—that testament to strong but loving paternalism—should have a reputation for loving children, for children loving him and for being the ideal father figure both on and off the set. Stories abound of Michael Landon's turning scheduling foul-ups into picnics, of his rarely losing his temper. Oh, *once* in a while, maybe over an animal that hasn't been trained properly—and then, of course, only if the temperature hits 110°.

The man, by almost all accounts except those of Landon himself, is a near-paragon. "The child actors all idolize him," says one stage mother. Wife Lynn, with whom he has four children—Leslie, 16; Michael Jr., 14; Shawna, 6; and Christopher, 3—explains, "I hesitate to say this because it sounds made up—you read those *goopy* kinds of stories—but I wouldn't have the kind of patience he does if I put in his kind of day. No matter how tired Michael is when he gets home, he has time for every one of the children. I don't want to make him sound sugary or saintly, but he is *fantastic*." *(continued)*







"My father was a great guy, but a terrible *father," says Landon, seen here with his children who all adore him (L. to r.): Leslie, 16; wife Lynn, and far right, Michael Jr., 14. (Above) Michael is shown with Shawna, 6. Christopher, 3, is not pictured.*

Photograph, far left: Steve Schapiro/Sygma; others, Bob Noble/Globe.

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MICHAEL LANDON

continued

For a man whose reputation in the days when he starred as Little Joe on *Bonanza* was one of arrogance and insecurity, the change would seem nothing short of miraculous. Landon admits that he *has* changed. Not so much professionally—"People still say I'm arrogant," he says disarmingly, "They just don't say I'm insecure any more"— but in his feelings about family and what family means. After hearing him reflect on his own childhood, it seems not so surprising that when he had his first opportunity to executive produce his own show for NBC, he chose one that glorifies the family, particularly a strong father's loving and understanding relationship with his children. Also not surprising is that in his own house—a nine-bedroom, 13-bathroom, New Orleans colonial mansion set on seven wooded acres of Beverly Hills—he takes his real-life role of father intensely seriously.

"I had a very emotional childhood," says Landon, leaning back in his chair. "It probably was very good for me in a lot of ways. I learned to spend a great deal of time alone, because it was easier than being with my parents. I'm left with a lot of great sense memories for acting, but at the time it was very uncomfortable."

His parents weren't the only problem. Some of those "sense memories," or emotions actors dredge up from their troubled pasts, came from being one of only two Jewish children in his elementary school. At night, cars zoomed past his house, the drivers yelling, "Dirty Jew!" One teacher used to goad him in class, saying, "You're one of the chosen people. You should be making straight A's."

"I wanted to punch that little so-and-so, but good," Landon says, his brown eyes glinting with pleasure as he remembers organizing 100 children with 200 bottles to descend on the teacher's house and all throw simultaneously.

There was a time, though, in his early childhood, when he didn't have a hundred children on his side. He was short, skinny and unpopular. His social life was not helped by his bed-wetting, which he decided to dramatize for NBC in the 1977 television movie, *The Loneliest Runner,* when his older son was suffering from the same problem.

Landon would arrive home from school to find his wet sheets hanging from the bedroom window, a banner that publicized his "shameful" secret. "You can't really blame my parents too much for that," he says now. "In those days very little was known about bed-wetting. The cures were like witchcraft herring and crackers for dinner and noth ing to drink afterwards. You ended u with a very dry mouth and very we sheets."

Like most children, he grew out o bed-wetting. He also learned that to b popular, he'd do better to get into fight and fool around in school instead o studying. His grades plummeted unti he discovered athletics and became a All-American with the javelin. "I starte to feel like somebody then," he says With this new-found confidence, hi grades improved, and he won a scholar ship to the University of Southern Cali fornia. By the time he was 19, he was i Hollywood, selling blankets door-to door and trying to get acting jobs.

Affinity for children

But his troubled early childhood fol lowed him into his adult life. "If you'r raised in the kind of atmosphere that was raised in, it's very simple to be lef with the impression that anything be yond fighting is a good relationship. Be cause my mother and father didn't lik each other, I thought every family wa like that—the *parent's* relationship wasn important. The important part was th children." He pauses for a second. "I'v *always* had a great affinity for children.

Landon's affinity for children involve him, when he was 19, in his first mar



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riage, to a woman with a seven-year-old son, Mark. "I knew I shouldn't go through with the marriage," he explains, "so I went to her house the night before the wedding to tell her that I thought we were making a mistake. She said, 'Okay, but I can't tell Mark. You tell him.' There was no *way* I could tell him," he says. "I really did love that boy. He was already calling me Dad. So I went back in and said, 'We're getting married tomorrow.'"

The marriage lasted six years. "It was better than I thought most were, because we really didn't argue a great deal. We adopted another boy, Josh, and I think that's why the marriage lasted as long as it did. We liked each other; we didn't love each other.

"I was very free within the marriage. I went on location alone, right from the beginning. I *never* do that now, *never* go away without my wife. I'm very jealous. We both are. Everyone says it's unhealthy, but I'd rather have a feeling of jealousy than indifference."

The Landons seem unabashedly romantic about each other, even after 16 years of marriage. Lynn Landon, a tall, tanned blonde, had driven to Paramount to talk about her husband.

They met in 1962 when Lynn was "happily divorced," supporting herself and her young daughter Cheryl by modeling and being a movie *(continued)*

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MICHAEL LANDON

continued

"extra." She found herself one morning on the *Bonanza* set wearing a bonnet, trudging past horses through ankle-deep mud. "I said to myself, I don't do this. Then I saw Michael, and I said, oh, yes, I *do* do this. I'd have married him that night . . . and it just got better."

"I fell in love immediately," Michael says. "I got very shy. It took me the whole day to speak to her—but we did look at each other a great deal." They were married within the year.

Like Michael's mother, Lynn gave up her career when she married, but with no regrets. "My mother was disappointed with her life, I think," Michael says. "She was a comedienne, and she loved it. She probably never should have stopped working."

Landon's father was a theater manager. By the time Michael got up for school, he had left the house. He'd return for an hour at dinner-time, then disappear until midnight to close his theaters. "He never had anything to say to me until I was grown and had left home. One night, when I was about sixteen and getting into all kinds of trouble at school, he hit me in the mouth. His eyes teared up afterwards. It was the first time I'd seen him cry. He didn't mean to hit me like that and I think it frightened him. I was thrilled when he hit me and even more thrilled when he cried. I really thought he cared, and it was the first time I'd seen that.

"I'm strict with my own children," Landon says. "Although my kids don't get into anywhere near the problems I did when I was a child. But the one thing I can't abide is lying. I get really furious and I spank them. I'm not saying it's good for all children or all parents, but I just don't see anything wrong with it. They have nice padded behinds. They can take it."

"I'm very particular," says Lynn, "that they keep their own rooms clean, at least make an *attempt* at doing their homework, and there's no television during the week—except for *Little House*. It's a lot easier to say, 'Sure you can stay up till midnight, just don't bother me,' than it is to say, 'Nine o'clock in bed. You can read for half an hour.'" Reading and talking are priorities in the Landon household, where too much television is viewed as a threat to the closeness of the family. "I love television," Landon has said, "but if people don't start reading and talking to each other, I think we're going to have a problem. Watching television is fine, but we mustn't forget that nothing touches communicating with each other. By talking and reading to our families, we show we care."

Sixteen-year-old Leslie has just started dating. "I don't worry about her," laughs Lynn. "Leslie says, 'Well, on the first date, he kissed my hand.' When you have a child like that, you don't worry a lot. I see my husband in her. She's very competitive. Always wants to be the best. Mike, Jr. is easygoing, a very happy person. Christopher is at the stage where he's hanging from the ceiling."

"He's just had his tonsils out," adds his father. "Now he's got so much energy, we're thinking of getting them put back in."

"Shawna is six going on thirty," says Lynn fondly. "I am worried about *her*."

"Shawna's very protective of me," Landon chuckles. "She also thinks I'm Superman. The trouble is she keeps bringing me things to crush—I'll have to get some phony rocks made."

"Michael's so much fun for the kids," says Lynn, before she leaves the studio to head home. "Maybe when my car zooms up, I don't get the same welcome but I think it's terrific when the father comes home and the kids get excited. . . Once, when Leslie was little, all the neighborhood kids kept asking Michael for autographs, and Leslie said, 'Mommy, how come everybody loves Daddy and not you?' These days, the girls are more impressed with John Travolta."

The following week, Michael Landon, jogging between two sets to direct one show and star in another, takes a break to talk about Lynn.

"She's very unusual," he says. "At least to me she is. I think a lot of people, when they first meet her, find her very standoffish and sophisticated," Landon says. "But she can get along with anybody—she's about as far from being a snob as you can imagine."

Landon has learned from those years spent watching his parents build up silent resentment toward each other. "If Lynn and I have a disagreement," he says, "I insist on arguing. I want it *over*. I don't want anyone staring at the television set. I don't know how many times we went through that for a while. We'd be in the middle of a row and I'd want her to argue—she doesn't like arguing—so she'd be sitting there looking at the TV set, and I'd walk over and turn it off and say, 'That's *mine*. RCA gave it to *me* and *you're* not watching it.' " He looks sheepish at his own foolishness. "Sometimes you create these arguments solely because everything is good and you need a little hassle to get the release and be able to enjoy all the fun of making up.

Never in love till Lynn

"You see, I was never in love with anybody until I met Lynn, and that's when I found out that children are a very important part of marriage, but not the most important part. My mother did so much for us. But it's not good to devote too much to a child. I think parents should make sure as much as possible that they have their own time. I'm going to spend the rest of my life with my wife, not with my kids."

Michael Landon doesn't see too much of his mother and sister, although they live in Hollywood. His father is dead. He speaks of him affectionately, without bitterness. He knows his father did things wrong, but he doesn't blame him.

"He ended up managing a shabby little theater in downtown Los Angeles. He had great hopes when he was young, but he ended up a little man carrying great big film cans up to the projection booth of this crummy little theater.

"I've been lucky. I work hard, but I've learned you're no happier in big rooms, affluent homes, than you are in smaller more modest ones. My wife and I still laugh at the same things we did when I wasn't making money." He stops and looks embarrassed. "People think we are bonkers sometimes. There are certain things that are funny only to us. Little bird walks and things." Landon does a bird walk, arms flapping like wings, head bobbing. He loses his shyness and suddenly seems at ease. It's a silly joke we could laugh at anytime, anywhere, no matter how he and his family lived. Only in smaller rooms, the ostrich steps would not be so large. **End**



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½ cup dry sherry
1½ teaspoons garlic salt
3 cups hot cooked rice

Cut steak into thin strips. In a large skillet (oven-proof, if desired), brown meat in oil, using high heat. Add onions. Saute until tender crisp. Blend soup, sherry, liquid from mushrooms, and garlic salt. Pour over steak. Add mushrooms. Reduce heat, cover, and simmer for 1 hour or until steak is tender. (Or cover and bake at 350°.) Serve over beds of fluffy rice. Makes 6 servings.

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Zsa Zsa Gabor
"Nobody loves animals more than I do," says Zsa Zsa. She does seem very devoted to her dogs. Kis Lany (Hungarian for "little girl"), a German Shepherd, and Genghis Khan, a Shih Tzu. Two years ago, Genghis developed a liver ailment. Zsa Zsa flew with him to a special animal hospital in Minneapolis—and also waited in a motel until her little friend was well again.

Cindy Williams
Cindy—star of TV's *Laverne & Shirley*—is proud of her cat, Chang, despite his dubious ancestry and the fact that he was the runt of his litter. She values Chang for his companionship. "Chang follows me, in the house and on the street, just like a dog," says Cindy. "And he sleeps on my bed at night—usually on top of my head. He always finds just the position to make me uncomfortable!"

Susan Saint James
"I think that every couple should have a pet," says Susan. "Then each person can see how the other treats a helpless creature. Plus—having a kitten or a puppy motivates you to parenthood.

"Our daughter, Sunshine, was born just a year after we got Kiddo [with Susan, above]. And our son, Harmony, was born just a little while after we added Honey Bear, our other dog, to the family."

Cybill Shepherd
Cybill owns two Siamese cats, George and Olga. "When I got them," she says, "they were skinny, scrawny and unhappy. Now they're just beautiful! Olga *is* a bit neurotic. When I like her I call her Ogeesa. When I'm angry I call her Sleeze."

Both cats know how to try Cybill's patience. "Olga and George are hunters," she says. "They love to bring me what they've caught—lizards and rats and such. Ugh!"

Photographs by Denise Alexander; photograph of Denise Alexander by Richard Colla.

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Natalie Wood
Natalie has had pets since she was a toddler. And now, she and her husband, actor Robert Wagner, keep a veritable menagerie. There are the cats (three are pictured with Natalie above), Louis, Maggie, Jaws and Ginger, and the dogs, Potatoes and Centime. "I want my children to be reared with pets as I was," says Natalie. "It's important for kids to have something helpless to love."

Denise Alexander
Denise, who stars in TV's *General Hospital*, was the photographer for LHJ's photo story. Denise's own pets include the three cats, Charlie, Barry Brave and Alexander Beetle, with her above.

Of her pets (she also has two dogs), Denise says, "In not one case did I make a decision to get a pet. They're all rescues or strays. But they've become good friends to me. They truly enrich my life."

Janet Leigh
Killer and Turkey are the first cats Janet and her husband, stockbroker Richard Brandt, have ever owned. "I lived in apartments when I was a kid," she says. "I never had a pet. But now I'm making up for lost time.

"Killer isn't a killer at all," Janet goes on. "And Turkey is anything but a pussycat. Killer makes a lot of noise but just lies around the house. Turkey, the female, does all the providing."

Lucie Arnaz
Lucie, who's currently starring in Broadway's *They're Playing Our Song*, cherishes her two Yorkshire Terriers. "It's natural to want something to love," she says. "Mother [Lucille Ball] always had dogs and I missed them when I left home. That's why I got Gypsy and Wickle." Lucie is so fond of her pets that when she has to be away from home for more than a week, they go along too. **End**

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When we started to grow begonias indoors we thought, as many people do, that they were all like the pretty but short-lived wax begonias. Then, as we found more and more plants with different, shapely, colorful leaves and delightful flowers, we realized that the variety was virtually endless. We also discovered, to our delight, that their reputation for being difficult was quite undeserved. Now, after many years experience (and many mistakes), we have learned their simple needs and are ready to pass them on to you. Just one warning: Once you are into begonias, you'll be hooked for life.

The beauty secrets of begonias lie largely in their foliage. Leaves have infinite variations in size and coloring, with dramatic splotchings and bands, velvety textures and toothed and curled edges. Beyond this glory are flowers borne either in airy spires or heavy, pendent clusters. There is no doubt in our minds that begonias form the most glorious group of flowering houseplants.

Like Gaul, all begonias are divided into three parts or types, each of which is grown somewhat differently. There are fibrous rooted types (with root systems like most houseplants) usually known as Angel Wings; the ones with rhizomes (which we'll explain), and the tuberous kinds. As tuberous begonias do poorly indoors, it is only the first two kinds that we grow ourselves.

We've learned the hard way that the big difference between the Angel Wings and the rhizomatous plants is in their tolerance of water. Everything else in growing them is much the same.

Angel Wing begonias

The Angel Wing begonias grow straight or arching stems, called canes, in various sizes. There are magnificent plants with tall, unbranched stems up to eight feet high and big jagged leaves blotched with silver. Then there are other varieties with much shorter stems that arch outward, have smaller leaves and look best in hanging baskets. White, pink or orange flowers hang from the tips of all kinds.

Another type usually has only a single stem, very branched and bushy, growing about a foot high. To this group belong plants that produce a small tuber underground and therefore are called semi-tuberous.

Although the Angel Wings look so fleshly-juicy in all their parts, we have found that they take water very slowly. Since they may rot if the soil is very wet, and lose leaves if very dry, the whole trick is to give them water only after the soil dries out right to the bottom of the pot. We never keep adding water as long as they are still moist. In periods of cloudy weather, when intake is even slower, we are constantly tempted to break our own rule, but success depends on holding back.

Rhizomatous begonias

These plants really puzzled us when we began working with them. But as they have the prettiest leaves of all begonias and are *(continued)*

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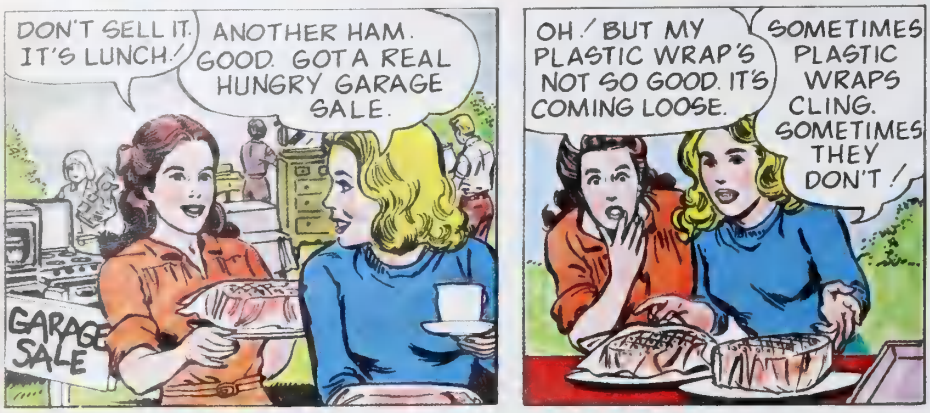
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THE BEAUTY OF BEGONIAS

continued

prize plants for any enthusiast to grow, we were all the more determined to solve their problems. The whole difficulty is in satisfying the needs of the strange and sensitive root.

The rhizomes looks like a fat, juicy stem crawling over the surface of the soil and right over the edge of the pot. Wherever the rhizome touches soil, delicate roots reach down from its under side. In some varieties this rhizome is as thick as the trunk of a young tree. There are no true stems or branches, and all the leaf and flower stalks grow right out of the rhizome.

These plants are also very slow drinkers and the rhizome will rot if the surface of the soil is moist for long. So we deprive them of water even more rigorously than the Angel Wings—even to the point of waiting until the leaf stalks start to bend over. In winter they stop growing for awhile and normally lose some leaves. At that time, complete drying out for a few days will do no harm.

Although so sensitive to over watering, all begonias enjoy high humidity. We mist them as often as we can.

Among the most beautiful of the rhizomatous begonias are the Rexes. They are so touchy about watering, however, that beginners are wise to avoid them until other rhizomatous kinds have proved successful.

Soil and pots

We use a standard houseplant mix of one part each sphagnum peat moss, vermiculite and perlite. Another formula is equal parts packaged soilless mix, perlite and sterilized garden soil. As the plants like soil that is not too acid, we usually sweeten it with about 2 tablespoons of crushed egg shell or limestone chips to the quart of mix. Many of the more delicate begonias flourish in sphagnum moss mixed with some perlite.

Plastic pots are fine for the tall Angel Wings and bush-type plants, but the rhizomatous begonias do best in clay pots that dry out faster and whose thick, rounded rims are less damaging to the root. For all plants we use shallow pots of the "azalea type" because begonias need a broad surface to spread over—especially the rhizomatous kinds—and because plants are shallow-rooted and rarely fill a pot with roots.

Compact begonia varieties make splendid basket plants: We use wire ones lined with sphagnum moss before filling with soil.

Fertilizer

Fertilize during most of the year with a high first-number formula, such as 30-10-10, with every watering, at one quarter the strength recommended on the label. We usually alternate with fish emulsion. When the plants start to bud we change to a high middle number, such as 15-30-15 or 5-10-5. In winter we do not feed more than once every two weeks.

Light

Almost all begonias thrive in moderate to bright indirect light. In summer you can put the plants out-of-doors in mottled light under trees or, as we do, near our windows. In winter, if sunlight is unreliable, we keep begonias under 12 hours of fluorescent light each day. Though desirable, this is not critical; plants will survive even in a north window, but you can expect some loss of color.

Begonia leaves turn toward the light and look best when the source is directly above them. In a window, let all the leaves grow toward it and do not turn the pot, which will only confuse the plant and give it a twisted look.

Temperature

Begonias adapt to a temperature range from 55° to 80°F. Below and much above that they suffer. They also like a good drop in temperature at night. In July and August, during hot spells, they sometimes collapse unless air is kept moving around them. We give

(continued on page 77)

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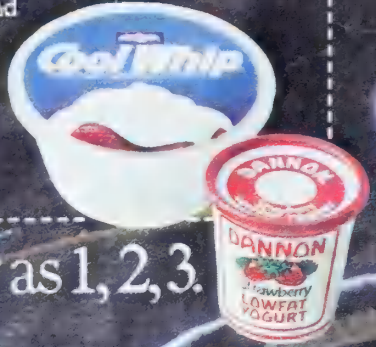


Spoon into crust and freeze about 4 hours. Remove from freezer and place in refrigerator 30 minutes (or longer for softer texture) before serving. Store any leftover pie in freezer.

Strawberry Yogurt Pie

2 containers (8 oz. each) DANNON® strawberry yogurt
½ cup crushed strawberries (optional)
1 container (8 oz. or 9 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 JOHNSTON'S® Graham Cracker READY-CRUST®

Other fruits (with matching yogurt):
½ cup crushed raspberries or blueberries
1 can (8¾ oz.) sliced peaches or apricot halves, drained and mashed
1 can (8¼ oz.) crushed pineapple, drained



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THE BEAUTY OF BEGONIAS

continued

them a breeze from a small fan at such times, and if you have air-conditioning, they'll revel in it.

Angel Wings for the beginner

Among the vast number of begonias, many are only slightly different from each other, which means that when a nursery does not have the particular species or hybrid you want, it can usually offer a very similar one. In catalogues or stores it helps to look for the names of two hybridizers, Belva Kusler and Michael Kartuz (usually in parentheses after the name of the plant), who have produced some of the finest and easiest to grow plants.

▪ A typical Angel Wing cane begonia is "Sophie Cecile" (Kusler), a tall, vigorous plant with large, deeply cut leaves liberally splashed with silver. It produces great trusses of dark pink flowers. Beautiful as a two-foot plant, it can grow to eight. We cut it down to the size we want when it gets too big.

• "Lepore Oliver," also by Kusler, is a favorite of ours. The canes arch and grow no more than two feet. The dark, metallic green leaves contrast with big bunches of orange flowers. • Begonia *egregia* is a lovely plant with long, pebbly green leaves on a thick stem. The white pendent flowers are like a star cluster. ▪ Begonia *exotica* is a tall plant when full grown but it is also splendid as a juvenile. Its olive green leaves are patterned with gorgeous quiltings in brilliant red. We keep it in a terrarium when young.

The shrub begonias are more compact and branching. We suggest you try only the smaller leaved types at the beginning for they produce just as many flowers but are easier to handle. They are especially fine in baskets. Three recent hybrids are among the easiest of these plants and bloom the year-round with pink flowers. ▪ "Bayern" has little green Angel Wing leaves • "Preussen's" leaves are bronze and • "Sachsen" has coppery leaves.

• Begonia *coccinea* is a loose-branching, fleshy looking plant with smooth, long, light green leaves. Stalk, flowers and seed pods are an amazing orange-pink. It is best grown as a pot plant (pictured, page 70).

▪ "Concord," a Kartuz hybrid, has pointy, green leaves covered with black splotches. The white flowers are in continuous bloom (pictured, page 70).

▪ Begonia *olsoniae* has ear-shaped (sometimes called water lily type) medium leaves with ivory veining, red beneath. The flowers are white.

• Finally, no one should pass up the semi-tuberous group. One of the very easiest of all begonias is the Maple Leaf (Begonia *dregei*), a bushy, compact plant that is always in bloom (pictured, page 70). ▪ A beautiful variety is "Weltoniensis," whose leaves and stems are red veined. • Another is called "Maxwelton," a trailing type excellent for baskets.

Rhizomatous begonias for the beginner

Start with the small-leaved kinds, as we did. All the plants are shorter than the big cane types, but some have enormous, star-shaped or round leaves that take up even more space in a window or on a shelf.

Perhaps the most popular of these plants are the Stitch-Leaf begonias. The lovely ear-shaped leaves have dark markings, like a blanket stitch, all around the edge. • Begonia *bowerae's* leaves are tiny, the marks brownish; while in variety *nigramarga* the marks are black. • Exquisite "Chantilly Lace" has larger, chartreuse leaves with black markings and pink flowers. These make very effective basket plants.

▪ "Boutique" is a typical compact *(continued on page 179)*



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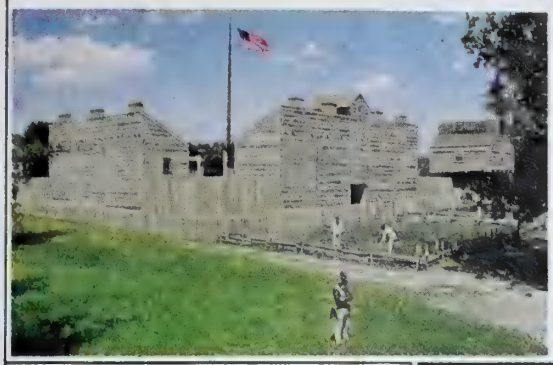
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The Johnny Appleseed Cookbook

Apple recipes and other favorites are the feature of this month's cookbook from historic Fort Wayne in America's heartland.

If you can, claim a folk hero as popular as Johnny Appleseed for a native son, then name a cookbook in his honor and feature apple recipes. That was the inspired decision of the women of the Fort Wayne, Indiana, Museum of Art, publishers of *The Johnny Appleseed Culinary Collection*, this month's Community Cookbook. Apples are, in fact, but one of four major recipe sections of this 100-plus-page book, the others being a collection of old-fashioned, pass-along family favorites, a section of more contemporary specialties, and *(continued)*

Top: carefully reconstructed fort depicts life in the 18th century. Right: Apple favorites, from bottom—Italian Apple Pie, baked in a spring form pan; parfaits of Apple-Yogurt Mix—a chilled dessert; Aunt Jennie's Apple Pie (left), and Tipsy Apples—laced with bourbon.

Food photographs by Ken Regan/Camera 5. Other, Robert Bastress.



Party picnic with women of the Fort Wayne Art Museum features Orange-Garlic Spareribs surrounded by Celery-Stuffed Apples. Rear, from left: Cabbage-Peanut Salad, Hot German Potato Salad, Corn Bread.

a brief section devoted to recipes contributed by Fort Wayne's various restaurants, including an extraordinary celebration of haute cuisine, Cafe Johnell.

Apple culture has come a long way since vagabond-missionary Johnny Appleseed (real name, John Chapman) scattered trees around the area in the mid-nineteenth century. Early and late-bearing varieties have been developed, along with advanced cold-storage techniques, making this popular American fruit available virtually year-round. So it was no problem, when visiting Fort Wayne in June, to assemble our food for photography.

Choosing among the book's 63 apple recipes for our lead photograph turned up, among others, one of the best apple pies we've ever tasted—the secret being lightly whipped cream folded into the apple mix before baking. Another particular favorite was an Italian Apple Pie, rich and creamy with ricotta cheese. Later in the day, we turned to a menu featuring old-fashioned specialties—among them Grandma Pierre's Cabbage-Peanut Salad, a contribution to the book from our incredibly well-organized project guide, Barbara Hall. On the same menu, we included a delicious, from-scratch corn bread recipe, not only for its good flavor, but the charm of its recipe written in poetry-style—the last phrase of which reads: "Warming up the human store/ Cheering up the house you adore/ And only Tyndall can explain/ The links between corn bread and brain."

Fort Wayne has always been a prosperous commercial crossroads of the Midwest. In Indian times, through French and British settlements into the early colonial period, the city was strategically situated on the portage point between the Great Lakes and access to the Mississippi and eventually the Gulf of Mexico. The original Fort Wayne honors the name of Revolutionary General Anthony Wayne; the present Fort is a careful reconstruction, completed for the Bicentennial by a city proud of its past, present and future.

The women of the Art Museum represent this sense of pride well in their enthusiasm for projects well-conceived and efficiently carried out. The museum is but one aspect of the local enthusiasm for cultural affairs, but an important one in terms of displaying its permanent collection along with traveling exhibitions, art education and lecture series. Book sales, of course, support these efforts. For a sampling of recipes, turn the page; to order a complete copy, see the coupon on page 84.—JOHN STEVENS



over apples, with a dollop of whipped cream on top. (Also can be prepared and served in a chafing dish.) Makes 6 servings, about 345 calories each without whipped cream.—*Mrs. Jay Hanselmann*

ORANGE GARLIC SPARERIBS
pictured on page 80

4 to 5 pounds pork spareribs
4 garlic cloves, crushed
1 cup beef consomme
1 cup orange marmalade
¼ cup vinegar
¼ cup ketchup
1 tablespoon salt
½ teaspoon pepper

Broil ribs on both sides to remove excess fat. Mix remaining ingredients together and pour over ribs in shallow pan. Cover and refrigerate at least 12 hours. Preheat oven to 325°F. Place ribs in a foil-lined baking pan. Bake for 2 to 2½ hours, basting frequently with pan juices. Makes 6 servings, about 460 calories each.—*Mrs. Richard Adams*

CELERY STUFFED APPLES
pictured on page 80

6 large red dessert apples
4 ribs celery, chopped
½ cup halved seedless grapes
¼ cup chopped nuts
3 tablespoons heavy cream
1 tablespoon minced onion, optional
1 tablespoon lemon juice
2 teaspoons grated lemon peel
Pinch sugar
Pinch salt
Paprika and additional grapes, for garnish
Salad greens

Slice off tops of apples. With scalloped vegetable cutter,

(continued)



APPLE-YOGURT
pictured on page 79

pple, grated
up plain or vanilla yogurt
cup seedless raisins
cup chopped walnuts
ney to taste

small bowl combine all ingredients and spoon into 2 des- dishes. Chill. Makes 2 servings, about 330 calories each plain yogurt; 360 calories each for vanilla yogurt.—*Sue*

TIPSY APPLES
pictured on page 79

ssert apples
p sugar
d peel and juice of 1 lemon
p bourbon
innamon stick
ipped cream, for garnish

, core and cut apples in half. In a saucepan combine r, lemon peel and juice, and bourbon. Add cinnamon k and cook over low heat until sugar is dissolved, stirring asionally. Add apple halves, cover and simmer 10 to 12 nutes, or until apples are barely tender. Uncover and con- ue cooking, basting apples with syrup until the syrup is amelized. Discard cinnamon stick.

Serve in dessert dishes with caramelized sauce spooned

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Johnny Appleseed Cookbook

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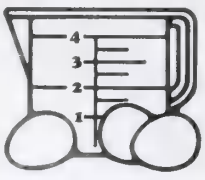
scoop out pulp being careful not to break through skin. Remove and discard seeds and core; chop pulp. In a bowl combine celery, grapes and nuts. Mix together cream, onion, lemon juice, peel, sugar and salt. Pour over chopped apples and toss gently.

Spoon mixture into apple shell. Sprinkle a little paprika over top and garnish with a cluster of grapes. Serve on a bed of crisp salad greens. Makes 6 servings, about 170 calories each.—*Mrs. Leslie Broderick*

HOT GERMAN POTATO SALAD
pictured on page 80

6 all-purpose potatoes, peeled
½ pound sliced bacon
2 teaspoons salt
2 teaspoons honey
¼ cup cider vinegar
½ teaspoon celery seed
2 cups shredded cabbage
2 hard-cooked eggs, sliced for garnish, optional

In medium saucepan heat 1 inch water to boiling. Add potatoes and cook until barely fork tender, about 20 minutes. Drain, slice and keep warm. Cut bacon into bits. In a large skillet cook bacon until crisp. Add salt, honey, vinegar and celery seed and simmer until bubbly. Add potatoes to skillet and toss carefully to coat with bacon liquid. Add shredded cabbage; toss just to warm quickly so the cabbage stays crisp. Garnish with hard-cooked egg slices and serve immediately. Makes 6 to 8 servings, about 145 calories per 8 servings, 190 calories per 6 servings.—*Mrs. Anthony Barile*



GRANDMA PIERRE'S CABBAGE PEANUT SALAD
pictured on page 80

1 pound cabbage, finely chopped
3 ribs celery, finely chopped
1 tablespoon grated onion
1 teaspoon salt
1 large egg
2 tablespoons prepared mustard
⅓ cup sugar
⅓ cup vinegar
3 tablespoons butter or margarine
2 medium sweet pickles, diced
½ cup salted peanuts

In large bowl combine cabbage, celery, onion and ½ teaspoon salt; mix gently. In saucepan beat egg slightly and add mustard, sugar, vinegar, butter or margarine and ½ teaspoon salt. Cook over low heat, stirring constantly, until mixture thickens and is smooth. Pour dressing over cabbage mixture while still hot and stir until well mixed. Cover and chill several hours before serving. To serve, toss in pickles and peanuts. Serves 6 to 8, about 170 calories per 6 servings, 125 calories per 8 servings.—*Mrs. Norman G. Bell*

CORN BREAD
pictured on page 80

This recipe for Corn Bread is from the cookbook of Mrs. Samuel (Julia) Burns, granddaughter of an early Indiana pioneer, Jesse Adams. [We at the Journal were charmed by its rhyme.] John Chapman (Johnny Appleseed) often visited in their home and partook of this same Corn Bread.

Two cups Indian corn meal, one cup wheat,
One cup sour milk, one cup sweet,
One good egg that well you beat;
Half cup of molasses, too,
Half cup sugar add thereto,
With one spoon of butter new;
Salt and soda each a spoon,
Mix up quickly and bake it soon;
Then you'll have corn bread complete,
Best of all corn bread you meet.

It will make your boy's eyes shine
If he's like that boy of mine.
If you have a dozen boys
To increase your household joys,
Double then this rule, I should
And you'll have two cakes good.

When you've nothing ni
This a very fine thing v
All the men that I have
Say it is of all cakes qu
Good enough for any k
That a husband home
Warming up the humai
Cheering up the hearts
And only Tyndall can e
The links between corn

Written by:
Mrs. Robert L. Bu

Ed. Note: We were enchanted with this poem—even though it is obviously not poetry-style—the last phrase of which reads for 30 40 minutes until hot and bubbly. Mak 8 servings, about 330 calories each *Mrs. Clare Coxey* E

The Johnny Appleseed Culinary Collection contains several hundred recipes on over 100 pages. The spiralbound book includes many apple specialties as well as old-fashioned favorites. To order your copy, send $5.95 plus $.65 for postage and handling to:

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our usual recipe style. Here are mo precise directions: Bake in a 9-in square pan in a 425°F. oven for 20 mi utes or until toothpick inserted in ce ter comes out clean. Cut into 16 piece about 165 calories each.

WINTER FRUIT PIE

2 cups fresh cranberries
2 cups apples, peeled, cored and choppe
½ cup water
½ cup sugar
Pastry for two-crust 9-inch pie
2 tablespoons flour
½ cup corn syrup
⅛ teaspoon salt
1 teaspoon grated orange peel

Cook cranberries and apples in wat until cranberries pop, about 5



features Orange-Garlic Spareribs surrounded t Salad, Hot German Potato Salad, Corn Bread.



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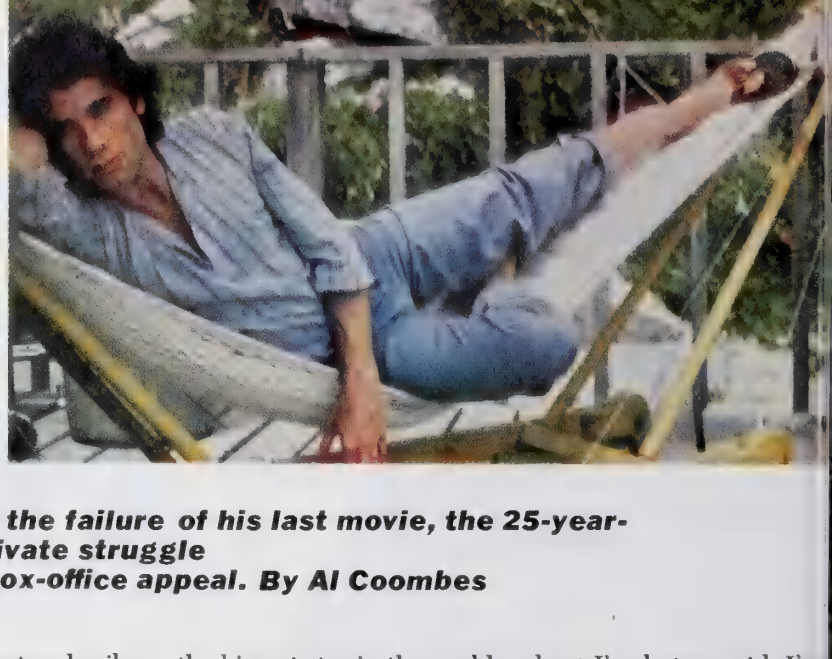
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John Travolta: From Success to Self-Doubt



Crushed by personal tragedy and the failure of his last movie, the 25-year-old superstar is immersed in a private struggle to regain his confidence and his box-office appeal. By Al Coombes

The sprawling, Spanish-style home is sequestered miles from the highway between Los Angeles and Santa Barbara amid acres of orange groves. The quiet seclusion is broken only by the chattering gulls winging inland from the nearby Pacific Ocean.

Lounging beside the pool is a sad-eyed, bearded young man. He reads much of the time and occasionally wanders down through the orange trees to talk to the young men and women cultivating the fields of a nearby commune.

Seeking this refuge is a large part of his life today.

The young man is John Travolta, a tired, overworked, emotionally drained movie star nursing the wounds suffered from the loss of the two women who meant most to him —actress Diana Hyland and his mother. He is also reeling from his helter-skelter career—skyrocketed to superstardom in TV's *Welcome Back, Kotter* and the movies *Saturday Night Fever* and *Grease*, then plummeted overnight with the failure of *Moment by Moment*.

Travolta makes no secret of the fact that his dream is to become a lasting star, someone who will be on top 30 years from now. But at the age of 25, he's haunted by the specter of having gone too far, too fast, too soon. He's afraid he may have burned himself out.

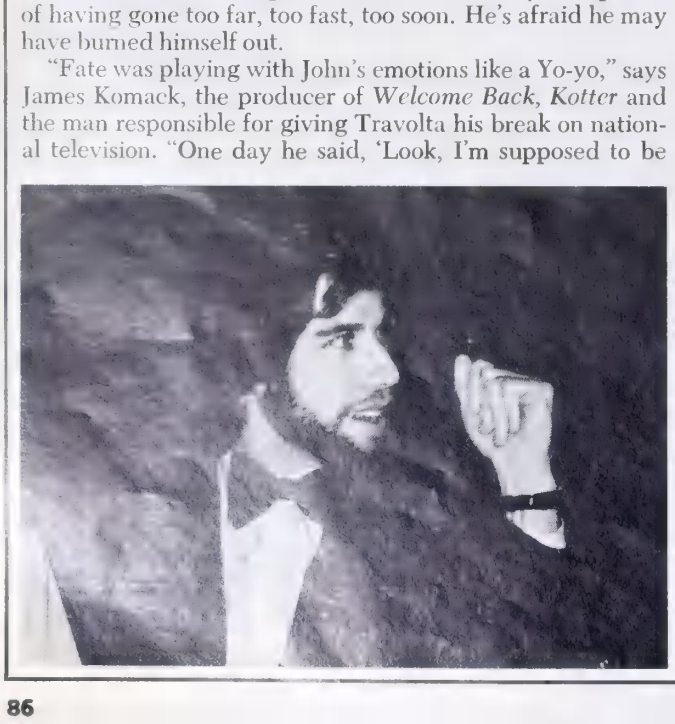
"Fate was playing with John's emotions like a Yo-yo," says James Komack, the producer of *Welcome Back, Kotter* and the man responsible for giving Travolta his break on national television. "One day he said, 'Look, I'm supposed to be the biggest star in the world and yet I've lost my girl, I've lost my mom and my father's got a heart condition. What is God doing to me? I'd better stop and take a look at myself because I can't go on like this.' So he's going to do a lot of sitting in Santa Barbara until he finds himself, which is a tough thing to do when you're only 25 years old."

Those anxieties also are underlined by Travolta's usually close-mouthed public relations representative and friend, Michelle Cohen.

"The impact of everything left him totally exhausted," says Cohen. "It came to the point where one morning he couldn't go to work. It all caught up with him. . . . Just think of the events that have occurred during the past few years of his life—the death of Diana, and then his mother passed away and there was no time for mourning. We had to go back and promote *Moment by Moment*.

"When the movie wasn't the big hit we all thought it would be, it was a blow to him. It wasn't so much that the picture had failed, it was all the vicious attacks on John's ability. For his age, he's had some terrible traumas, but he was so busy he didn't have time to pause for a moment and evaluate them. And then it suddenly hit him. He couldn't start rehearsals for *American Gigolo*. He could have collapsed, or heaven knows what. So he decided to get out for a while, while he was still ahead, because in this business you can get burned out very quickly."

Burning out is something Travolta has been concerned about since the tragic death of comedian and actor, Freddie Prinze, in 1977. Travolta was so unnerved by Prinze's suicide that he made an "anti-suicide" pact with two of his closest friends and *Kotter* sidekicks, Robert "Epstein" Hegyes and Ron "Horshack" Palillo. The three stars vowed to come to one another's aid— *(continued on page 90)*



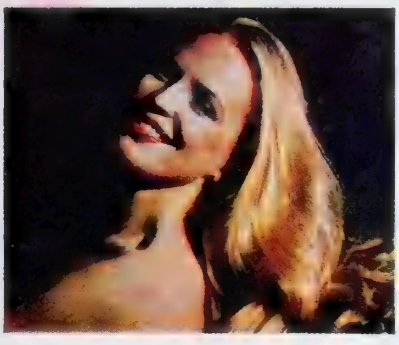
A troubled Travolta takes time out to reflect (above) at his estate. Still grieving over the death of Diana Hyland, he was brokenhearted when his mother died last year. These tragedies, and the failure of his movie, Moment by Moment, *left him "exhausted." Left: A bearded Travolta makes a rare public outing to attend the Golden Globe awards.*

Photograph, top: Michael Childers; below: Ron Galella

DULL, DRY HAIR. WE CAN MAKE IT EXCITING.



PHOTOGRAPH OF A DRY, DAMAGED CUTICLE MAGNIFIED [illegible] TIMES, AS VIEWED THROUGH A SCANNING ELECTRON MICROSCOPE FROM REDKEN RESEARCH LABORATORIES.



What you see in the larger picture is a dried out, damaged cuticle (the outer-most layer of your hair shaft). Dry cuticles make for dull-looking hair. And nobody wants that.

What leads to dull hair? Careless coloring. Over perming. Blow-drying. Electric rollers. Sunning. Swimming. They can all make your hair look drab and dull. Because they tend to rob the hair of its lustre-producing oils and precious moisture.

We'll make your hair shine. We'll make it soft. We'll make it move. With Climatress® Moisturizing Creme Protein Conditioner. It's formulated with emollients and water-loving ingredients to help maintain your hair's essential moisture balance. Acid balanced Climatress can bring your hair back to looking healthy. And that's a look you'll love.

Climatress contains the most powerful protein we have. CPP Catipeptide™ our exclusive protein, can be absorbed up to three times better than any protein we've ever used. So when your hair is thirsty for moisture and hungry for protein, Climatress Creme can deliver. In fact, Climatress is so effective it's used by professional hairstylists.

Where to find us. Redken products like Climatress are used and sold by professionals. So look to the 10,000 salons dedicated to the Redken promise: beauty based on science. Then try Climatress and see how exciting your hair can be.



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A day in the smal

WEDNESDAY

6:30 am

"Mom's warming up my Gerber nurser bottle in our new Gerber electric bottle warmer. She says the built-in teaspoon makes it easy for her to measure the proper amount of water to steam heat my formula to the perfect temperature."

7:30 am

"Time to get this day rolling! A change of diapers, Gerber viny pants to keep me dr and comfy, a clean Gerber Sleep 'n Play Terry Coverall and I'm off and crawling!"

8:30 am

"Oh, my swollen gums! Thank goodness for my Gerber teether. Mom says it's non-toxic and dishwasher safe."

10 am

"We're going shoppin if Mom can ever find her c keys. If they were as big a colorful as my Gerber Key Ratt she never would have lost them!"

noon

"Lunch! Mom's warming it up in my Gerber Feeding Dish. It's thermostatically controlled and has three compartments, so it keeps my meat and vegetables warm, while my strained peaches stay cool in a special section for foods that don't need warming."

vorld of Gerber.

1pm

ff to the park. Mom's packing up her Gerber carry-all bag. here's plenty of room inside for extra diapers, my erber Disposable urser System, and s more. But it still looks trim and fashionable."







3pm

"Bath time. Gentle Gerber Baby Shampoo leaves my hair soft and clean. And Mom soothes and protects my tender skin with Gerber Baby Lotion and Baby Powder."

5pm

"It must be time for dinner. Mom's snapping on my Gerber vinyl bib. She loves the special catch-all pocket for spills. I love the bright colors and patterns."



7:30 pm

"I'll be warm and cozy all night long in my Gerber Blanket Sleeper."

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FemIron's Tips for the Working Woman.

Job interview jitters? We all have them. So calm down. Overconfidence can come on as aggression and that gets you nowhere...especially the job.

Fashionably late? Yes, to a cocktail party. No, to the office.

A job reward— A friendly pat on the back from the boss is always welcome. But should it become more lingering, tell him so. He'll know you're no push-over.

After work— Make sure you find the time to join a club, take a class, jog at the gym or wine and dine. Remember, all work and no play can make even you a mighty dull girl.

FemIron is in. Iron deficiency is out. With all you have to do, an iron shortage is the last thing you want. So why not do yourself a favor—take FemIron. Just one FemIron or FemIron with Vitamins tablet each day is all you need to keep your body rich in iron.

FemIron. It's one asset no working woman should do without.



John Travolta

continued from page 86

anywhere, anytime—if they ever became as distraught a Prinze must have been when he killed himself.

"I can still remember the tragedy of the moment and th obvious feelings of self-preservation that permeated the roo on the *Kotter* set," Palillo recalls. "There was a great deal o tension, a great deal of nervousness. Bobby and I were sit ting around a table with John and we all vowed that w wouldn't let something like that happen to us. We pledged t call one another if we ever got so depressed that we migh be on the point of suicide. We all recognized that what hap pened to Freddie could happen to any one of us."

The pact among the three young men is based on trust sensitivity and awareness of one another's needs. Palillo be lieves Travolta is tired and worn out from the extrem pressures of personal tragedy and stardom. "It got to th point where he needed a long rest," says Palillo of Travolta "John knows I'm here if he needs me. He can call me an time of the day or night."

Those close to Travolta report that he is the perfect an tithesis of every glib, flamboyant and self-assured characte he has ever played. In reality, he is shy, sensitive and vulner able to the influences of others. But some of his friends an colleagues feel his behavior recently has been at odds wit the Travolta they thought they knew. His actions, his atti tudes, his treatment of those around him have been uncha acteristic of the gentle and gracious young man who rose t stardom with dizzying speed, yet was always accessible t his family, friends and fans. They reveal a Travolta who ha become self-absorbed and troubled.

Observers were astonished earlier this year when Travolt stood by passively as his bodyguards assaulted Todd Wal lace, a young photographer and UCLA student. In a highl visible and extensively witnessed incident near a Beverl Hills restaurant, Wallace says he was first grabbed by Tra volta's limousine driver, who punched him in the mouth an loosened a tooth. Then two of Travolta's bodyguards joined in

Photographer John Paschal, who witnessed the scene, say that Travolta saw it all but made no move to call off the body guards. "He must have seen the kid getting beaten becaus Todd was knocked right up against the window of Travolta' limousine," Paschal reports.

Travolta also inexplicably avoided visiting his father earlie this year when he was hospitalized in an intensive-care unit suffering from coronary problems. Cohen, the star's publi relations representative, claims he was there every day. But according to a spokesman for Valley Presbyterian Hospital "Mr. Travolta did not visit the hospital while his father wa here."

So many advisors

Joey Travolta, who is launching his own film career, blame many of his brother's troubles on the fact that he has sur rounded himself with so many advisors. "You can't just close yourself away and let other people take care of things fo you," Joey says. "You've got to run your own life. John's too introverted and not assertive."

John has been virtually alone on his $1.5 million, 178-year old, 14-acre estate. The lavish "Rancho Tajiguas" adobe man sion is decorated with Spanish furnishings and antique rugs.

His only neighbors are members of the Brotherhood of Su commune, who tend the adjacent farm. Although Travolta i said to be uninvolved with the commune, he is a devote Scientologist, in spite of the cult's clash with the law. (Las summer, a group of Scientologists were accused of breaking into a government office and were indicted on charges o conspiracy, stealing government property, obstruction of jus tice and perjury.) John joined the movement three years ag after giving up psychoanalysis. *(continued*

NEW DRIER SPRAY SECRET



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Secret has what it takes to take care of perspiration wetness. Plus something extra. New Drier Spray Secret. Strong enough for a man, but made just for you.

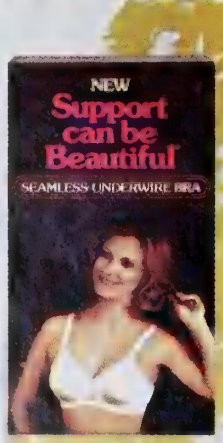
Dress by Peggy Hunter, Chicago

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John Travolta

continued

Travolta, who was so available to his fans during his early successes, has become an introspective seeker of privacy. In the last few months, he has told family members to change their telephone numbers and not to talk to anyone. In his dealings with his production company, Cohen says Travolta now calls in only occasionally to say hello and ask about his staff. "But he hasn't wanted to talk about business. I haven't been allowed to ask him questions about how he feels or what he's doing."

But reaching out for help would not tend to come easily to Travolta, after a lifetime of lucky breaks and a steady stream of loving attention. From the time he was old enough to toddle around the family home in Englewood, New Jersey, John Travolta knew he wanted to be a movie star. His family encouraged him and patiently applauded the performances he staged in the living room of their home. Professional jobs in the theater and in commercials came easily and by the time he was 21, he had won a starring role in *Welcome Back, Kotter* and a year later, acclaim for his part in the film, *Carrie*. He then went on to star in the successful television movie, *The Boy in the Plastic Bubble*.

"Johnny always was a worker," says his father, Salvatore. "And he always knew what he wanted. When he was fourteen, he decided he wanted to learn to fly, so he went to the local supermarket and got a job after school, three hours a day, for fifteen dollars a week. He used that money to pay for lessons and got his own pilot's license."

Love into worship

Travolta's deep love for his mother Helen, grew into near worship as she supported his dream of being an actor. According to *Kotter* producer James Komack, Travolta was still anguished by the death of his mother last year when his career began its decline.

"He had a special thing going with his mom," Komack explains. "They loved each other very much. He was proud of his mom. I remember the look in his eyes when I first met him and asked him how he had learned to act as well as he did and he said proudly, 'My mom's been teaching me since I was a baby.' "

"My wife was very much into theater and drama. She was a great little actress who did a lot of summer stock," adds Sally Travolta. "She's the one who really got Johnny involved in acting. She used to take him to rehearsals and he'd watch everything from backstage. When he was just a toddler they'd make up little plays and act them out together. They really were the greatest friends."

(continued on page 13)

By invitation only.



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Marlboro Lights	12	0.8	Vantage Menthol	11	0.8
Merit	8	0.6	Winston Lights	13	0.9
Merit Menthol	8	0.6			

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What's Happening

continued from page 16

e ever had." It also proves again that ck, so long the comedian, is also a st-rate dramatic actor. He is also a n who is never without his sense of mor: "I've never changed through all ese years. I'm the same sweet, adora-, wonderful person I've always been."

THRILLER

In *The China Syndrome*, Jane Fonda a TV feature reporter who's trying to eak out of silly stories and into hard ws. She and a free-lance cameraman, ichael Douglas, uncover a news story ut they can't get it on the air because e station management submits to the essure of the nuclear utility. But Fonda d Douglas are tenacious and they win e cooperation of a key engineer (Jack mmon) who realizes that the nuclear re is in jeopardy and agrees to jeopar-ze everything, even his life, to alert the blic. *The China Syndrome* builds to a pping climax that may *seem* melodra-atic but always keeps its grip on real-. Jane Fonda is smashing as the wswoman, Douglas is appealingly bborn as the uncompromising cam-aman, and Jack Lemmon gives a lorcher of a dramatic performance as e troubled engineer whose conscience mes through. The entire supporting st under director James Bridges pul-tes with class—a combination that tapults *The China Syndrome* into one the year's hit thrillers.

AY OF SUNSHINE

Forget about *Gidget* and *The Flying un*. Sally Field can *act!* She proves it gain in the new movie called *Norma e*, the story of a young Southern wom-n who works in the town's textile mill, d of a New York City union organizer. e movie company (20th Century-Fox) d its ad agency almost destroyed the ovie's chances with a newspaper ad at drove audiences *away* instead of at-acting them. The ad has since been mped and a new one sent out, but first pressions are tough to alter and *orma Rae* has been puffing uphill ever nce. The original ad projected *Norma e* as a kind of 1930s union movie. oo bad, because *Norma Rae* is a ro-ance—the story of working folks ho've had their will heeled out of them y power people, and of a marvelous aracter who sets out to do something out it—Norma Rae, brilliantly por-ayed by Sally Field.

We meet her as a young unmarried oman with two children. Her many vers have been casual, but now two en enter her life, two who matter: eau Bridges, the young local boy hom she marries, and Ron Leibman, e New York union organizer. Leibman performs with magnetic intensity, and Beau Bridges handles his role amiably.

HONEY OF A SHOW

The Champ is a knockout of an old-fashioned movie, a sentimental story that introduces one of the most appealing child actors in years: eight-year-old Ricky Schroder. Ricky triggers so many tears that *this* is the movie that should have been called "Get Out Your Handkerchiefs." Here is the story of a divorced ex-boxer (Jon Voight) whose ex (Faye Dunaway) has married riches and leads a languid life aboard her hubby's yacht. She is miscast and was obviously mismatched: She never would have married that boxer. Voight is bringing up the little boy by himself, working at the racetrack. The child adores his father and pleads with him to stop drinking and gambling, but the old man can't. Life at the track takes a turn that makes Voight bridle and he decides to make a boxing comeback. If the final scenes don't have you dabbing at your eves, you may want to check out a tear-duct implant. *The Champ* is not for people with hearts of cement, but it *is* for everyone who's a pushover for a tender, tearful, honey of a sentimental show. Voight is first-rate and little Ricky Schroder is irresistible.

GRIPPING, DRAMATIC

Old Boyfriends: a title to tantalize any woman. *Old Boyfriends:* the evocation of instant memories, regrets and smiles. *Old Boyfriends* is a movie with a touch and tone all its own, the story of a disturbed woman in her early thirties who tries to get a grip on herself by getting into her California car and driving through the country, tracking down three important men from her past. The consequences to her—and to *them*—are *not* what she planned. This driven woman is beautifully played by Talia Shire, whom you saw in *Rocky*. The men in her past are Richard Jordan, her college beau whom she spurned ten years ago and whose feelings for her haven't altared [sic] . . . John Belushi, her high school romantic tormentor with whom she is determined to get even . . . and Keith Carradine—well, it would be unfair to reveal his role: He is a troubled young man and Carradine creates precisely the right mood. And the odd mood of the *movie* is the work of its woman director, Joan Tewkesbury, who wrote *Nashville* and here gets her first big break as a director. *Old Boyfriends* is gripping, dramatic, well acted, and intelligently written: The drama of a woman searching for herself through her past and hurting a lot of people along her way.

NEEDS TREATMENT

In 1963 a brilliant young Ivy League student and poet named Sylvia Plath published a memoir of her college years called *The Bell Jar*. It delineated her mental disintegration and less than a month after the book's appearance she did commit suicide. That book and that act transformed her into a cult heroine, especially among the young and the feminists. Now a film has been released that is very loosely based on *The Bell Jar*. Just about everything has gone wrong. Marilyn Hassett (so endearing in *The Other Side of the Mountain*) seems overwhelmed by the role, and she hasn't been helped by the direction of Larry Peerce or by Marjorie Kellogg's script, a script which is devoid of either explanation or motivation. In fact, we never know why the movie was made.

In *The Bell Jar*, the girl ends up in a sanatorium, but it is the *script* that needs a new treatment.

SHORT TAKES

There are so many handicapped heroines with afflictions in movies these days that movie buffs may soon be known as *afflictionados:* The ballerina going lame in *Slow Dancing* . . . the girl with facial disfigurement in *The Promise* . . . the ice skater going blind in *Ice Castles* . . . and now *Voices*, the romance between a boy who wants to be a rock singer and a girl who is deaf but wants to be a dancer. When she shows up for an audition, she feels humiliated and is about to quit when our hero arrives, persuades the ballet master to turn up the music to such a colossal volume that the stage shakes and the heroine can feel the vibrations through her legs. Michael Ontkean is appealing as the young romantic and Amy Irving is often compelling as the deaf girl. **End**

GENE SHALIT RE-VIEWS

Agatha, with Vanessa Redgrave and Dustin Hoffman, is a pleasant, fictionalized account of what might have happened to mystery writer Agatha Christie when she disappeared for 11 days in 1926.

The Brink's Job stars Peter Falk in a fun version of the famous Brink's robbery.

The Deer Hunter, set in a steel mill town in Pennsylvania and also in Vietnam, is an emotional, savage film, marked by superb performances about courage, fear, grace.

Hardcore: I'm sure there's a need for a movie about the evils of exploiting young girls in the porno movie business, but this is not the answer.

Heaven Can Wait glows with charm and gaiety. It stars Warren Beatty and Julie Christie. When you leave this film, you'll be feeling sky-high.

Movie Movie is a delightful spoof of a 1930s double feature, with an all-star cast.

Murder by Decree is nothing more than a tedious, overblown rip-off of Sherlock Holmes.

On the Yard is an intelligent prison drama with a range of cons who never loosen their grip on your attention.

Quintet, Robert Altman's latest film, stars Paul Newman and is set in an eerie ice age of the future.

When You Comin' Back, Red Ryder? is a perfect movie for people who enjoy pulling wings from flies. I am not among them.

Your Turn, My Turn is a merry, moving, marital romance set in France.

INTRODUCING THE IMPOSSIBLE!



A better-tasting Duncan Hines Deluxe II

Now moister than ever yet still light as always!



HAPPINESS IS HANDLING YOUR HANGUPS

A prominent woman psychiatrist tells you how to recognize—and cope with—your anxieties. By Helen DeRosis, M.D.

All week long you've had an uncomfortable, edgy feeling. You're impatient with your children, irritable in the office. At times you're restless and so preoccupied that you can't seem to handle even the most simple problems. Although you're vaguely dissatisfied with your life, you can't figure out exactly what's wrong. After all, you tell yourself, I have nothing to complain about really, and a lot to be thankful for. Still, something seems to be missing, something you can't identify but which seems always just beyond your reach. "It's nothing," you might tell yourself, "I'm just a little nervous these days."

Or, you might say you're feeling uneasy, hyper, upset, tense, excitable, sensitive, fidgety, unstrung, hassled, touchy, jittery or jumpy. You might also be contending with dizziness, cramps, nausea, constipation, insomnia, migraines, hypertension or chest pains. And you might find yourself eating too much, working too hard, depressed, smoking or drinking too much or having sexual problems.

Whatever you call your state of mind, you are actually experiencing an attack of anxiety. Mild anxiety has always been a condition of life, as prevalent as the common cold and also nothing to be concerned about—unless you have had a cold too often lately, or if your colds place you out of commission for weeks at a time.

Most of us take our recurring bouts with anxiety for granted and don't look too hard or too *(continued on page 168)*

Copyright © 1979 by Helen A. DeRosis, M.D. From the book WOMEN AND ANXIETY, by Helen A. DeRosis, M.D., to be published by Delacorte Press.

COOL CROCHETS IN BREEZY NEW WAYS



On the lighter side for summer—airy crochets crafted in new vibrant brights or powdery pastels. Work one simple clover pattern into many squares, then assemble for either of these two 36″ triangular shawls. Worn with sleek little matching caps and flirty camisole with flared peplum (insert above). All designs by Linda Osborne Blood in DMC pearl cottons. Instructions on page 165. By Ann B. Bradley, Crafts Editor.



Beauty in Action

Being fit—it's a whole new way of life. And summer's peak time to shape up and show off your glowing good looks. Here to help, LHJ's guide to the latest in sun safety plus great ways to play the fitness game. By Maureen Lynch, Health and Beauty Editor.



The dawning of a new day...and a beautiful new you.
Get started–off and running. It's the fastest way to shape up. Easy way to get moving: on the beach at water's edge (harder sand), such as the stretch of white sands photographed here at Amelia Island Plantation, a 900-acre sports paradise in Florida. Running revs up your heart, sharpens your senses and tightens now-flabby muscles (especially for summer-bared legs). Give your body a workout. Once a week does more harm than good. It takes a minimum of a half-hour, 3× a week (5×, even better). Although this exercise burns 800-1,000 calories an hour, you can't count on losing weight without dieting. Simply stated, a one-mile run equalizes about 10 potato chips. What running does: hurries a diet along, keeps off any lost pounds. If running isn't exactly your speed, try walking (America's #1 sport). Keep the pace brisk and even–covering a mile in about 20 minutes. Remember, sand reflects the sun's burning rays. After the sun comes up, cover up (more on the next pages)...



Like to bike? You'll whiz along to allover, all-around fitness.

Pick your sport for today by harking back to your childhood. If you were first to shinny up the jungle gym, try your hand a gymnastics. If you hit the team's homers, your good hand/eye coordination might translate into tennis. Or, if your favorit present was your bike, opt to spin new wheels with a fast ten-speeder, as shown below. Pushing the pedals is one of the bette aerobic exercises. Good training for the cardiovascular system; breathing with a balance between oxygen flowing in and th amount your body uses. The continuous movement builds endurance. Before biking or the other aerobic exercises (runnin swimming, jumping rope), *always* get your body warmed up with at least five minutes of exercises. Stretch, flex, touc kick—gently, rhythmically inhaling/exhaling. Otherwise you may be in for torn ligaments, pulled muscles. Start biking on flat stretch, then head for the hills and build up speed. To get full benefits, bike every day. Best for thighs, calves; burn 200-500 calories per hour.



Tank and shorts by AMF Head Sportswear

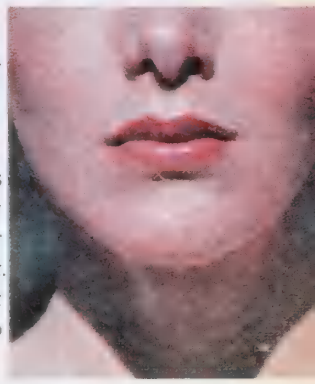


Ready for action, looking pretty

You don't have to look like a weight lifter to be a good athlete. It's possible to find a pretty, neat solution for active sports. Left: Long hair gets twisted on both sides, back off the face. Secure with pins, combs.

Play it safe in the sun

Sometimes, caught up in the high of fun and games, you forget about the real dangers of the sun (drying, aging and worse). The fact is ultraviolet rays bombard you every second out-of-doors. Never go without a sunscreen (you can still tan). Put a stronger sun block on the body parts that burn fastest: eyelids, cheekbones, ear tips, tops of feet. Heavy duty protection on prime skin cancer spots: nose and lips. If possible, don't part your hair; scalp can redden if exposed. Recent research shows you're maybe more apt to burn if in the wind (applies to biking).







Swim like a slippery seal—fast, strong, graceful.

Pretend that you're in training for the Olympics. Swimming for exercise is more than splashing around—it's knifing through the water, counting off laps and concentrating on breathing. Great sport if you're overweight. The body is buoyant and meets little resistance, making movements easier. Burning 300-600 calories per hour. The crawl stretches and firms all parts of the body, zeroing in on arms, shoulders, breasts. Don't forget that sun penetrates water. Apply one of the brand-new, waterproof sunscreens. Below: Slicing through the fresh aqua pool (huge!) at Florida's Amelia Beach Plantation, the way all serious swimmers do: in a body-sleek tank and necessary goggles. Left: Perfect swimproof hairdo, one tight braid, starting high on the crown. Remember to lightly shampoo and rinse out salt or chlorine from hair—after each dip. And to keep skin from drying out, slather on a moisturizing body lotion.







Instant love—a rapid game of tennis.

If you like playing with pals rather than exercising solo, tennis may be your game. Swinging a racquet flexes upper arms, chest (far left); running after a ball takes care of calves, legs. Tennis burns from 100-600 calories per hour (range reflects level of play; singles or doubles). This sport takes planning: lining up partners, booking courts. However, if you rise to competition—tennis can be fiercely addictive. Weekends only? Switch to running during the week.

Geared for play—open-air whites.

Near left: Barebacked whites (very flattering). Be sure to wear maximum sun protection; though you're not stretched out sunbathing you're still catching the rays. Classic tennis hat helps shade head and face. Right: Tennis-cool for long hair. Sun-shielding visor and the charm of fat-wrapped rolls streaming into a tidy ponytail.



Swimsuit by Arena [illegible] Swimwear.
Tennis dress by Carol Canaan for Top Seed.
Leotard by Danskin.

THE NEW WAVE

Rushing into summer, a wave of super-sleek swimsuits to show off beautiful bodies at their best. Our choice: five American beauties, all top models ($1,000 a day!) who possess a rare magic that sparks on camera. This new breed is strong and bursting with energy. Here, the names to go with the "cover-girl" faces, plus a fast look at this season's smashing bodysuits (fitting like second skins). Together—quite a splash!
By Trudy Owett, Fashion Editor.

Photographs by Mike Reinhardt. Hair by Marc Pipino of the Pipino Barcheri Salon. Makeup by Arnold Meaker Peplin. Swimsuits: Antron nylon, Lycra spandex.

More fashion information on page 172



PEGGY DILLARD

Youngest of a large, loving clan (8 sisters, brothers), Peggy left South Carolina for New York to become a commercial artist. Tall and graceful, she fell into modeling—naturally. The rest, a real success story. Parade of top magazine covers, fashion pages. So much action, Peggy's now studying yoga to counteract "overbooking." Future dreams: marriage, lots of kids, maybe a movie career. Peggy's baring a skintight maillot in sea green with hot magenta trim. Maidenform, $22. Bangles, Red Cobra.



JULI FOSTER

A dream come true. It's a familiar but still fabulous story. Very shy, very pretty waitress (Juli) gets spotted by major modeling agent. Signed up and the work pours in. Juli projects a different image from most: delicate, vulnerable. Here, she's showing off pure fireworks—a sizzling red, shirred maillot, cut out bikini-low at sides and back. OMO Norma Kamali, $65. Flowered bangle, Carol for Eva Graham.

MICHELLE STEVENS

A case of rugged individualism. This free-spirit hails from Oklahoma, studied geology in Colorado Springs. Her father's an independent oil driller—"we're both wild-catters." Now city-based, Michelle's digging into brand-new ventures. The sky-rocketing monetary rewards of top-flight modeling. World-wide travel. And a boyfriend who's majoring in forestry at Yale. Here, Michelle takes a deep plunge in a sexy black maillot with one neon-bright butterfly. Simple, sensational. Elizabeth Stewart, $24.

THE NEW WAVE



JANICE DICKINSON

Exotic, sexy and passionate about her work, Janice, an interesting blend of Irish/Polish/Scottish from Hollywood, Florida, found it tough to break through the blue-eyed, blond, apple-pie barrier in modeling. She had to go to Paris to get her start. Now, she's made it in the Big Time here (sister Debbie also models). Advance plans: the movies—to act "with a good director." On Janice, a swimsuit for the body beautiful. Bare minimum for a one-piecer—a crisscross of magenta. Danskin, $17.50. Berry earrings by Red Cobra.



KITCHENS FULL OF IDEAS

What's cooking in kitchens? Fresh new ideas on how to make the heart-of-your-home warm and personal, yet practical.

Whether your dream kitchen is country and cozy or slick and efficient, certain things are basic. The space should be a joy to work in, easy to care for and suited to your individual needs. Here and on the next pages, we've surveyed five interesting rooms, each with a character of its own. Left: This plain, squared-off kitchen went through a personality change. It's now homey, livable and lovable—copying the comfortable ambiance of country French. The wall between a smallish kitchen and outer room came down, opening up one larger place. Enough to gather family for meals around an antique tilt-top tavern table and rush-seated chairs. More wooden beams were added. Chalk blue sweeps through—coloring the cabinets, countertop tiles and enameled appliances. Collected treasures please the eye: stained glass window, rustic armoire door to the pantry and jewel-like Oriental carpet that can be whisked away during heavy-duty cooking. Flooring, a quick-maintenance vinyl brick.

Photograph by Leland W. Lee; designed by Joan Neville, A.S.I.D







KITCHENS FULL OF IDEAS

Spareness Softened, *above left: Efficiency is the key word in a kitchen that's all black, white and stainless steel (even striped into the vinyl floor). Yet it avoids that laboratory look with the friendly touch of small patterned wallpaper and matching curtains.*

A Country Spirit, *above right: Color—a true celery green—on the cabinets adds crisp new interest to this very relaxed kitchen. Rich counterpoint with the terra-cotta, brick-patterned vinyl floor and the charm of a botanical herb-printed wallpaper. Useful and fun: an old-time wall phone.*

See-Everything Storage, *left: Narrowness was turned into an asset here—with every inch of space employed to good use. Nothing is more than a step away. Open shelves to the ceiling hold bowls and cookware in plain sight. Floor is natural brick, covered with walnut wood stain, then sealed for easy care.*

Photographs: top left, Max Eckert; top right, Hedrick-Blessing; left, Leland Y. Lee. Top left, designed by Jack Lowrance; left, by Gene Adcock.



KITCHENS FULL OF IDEAS

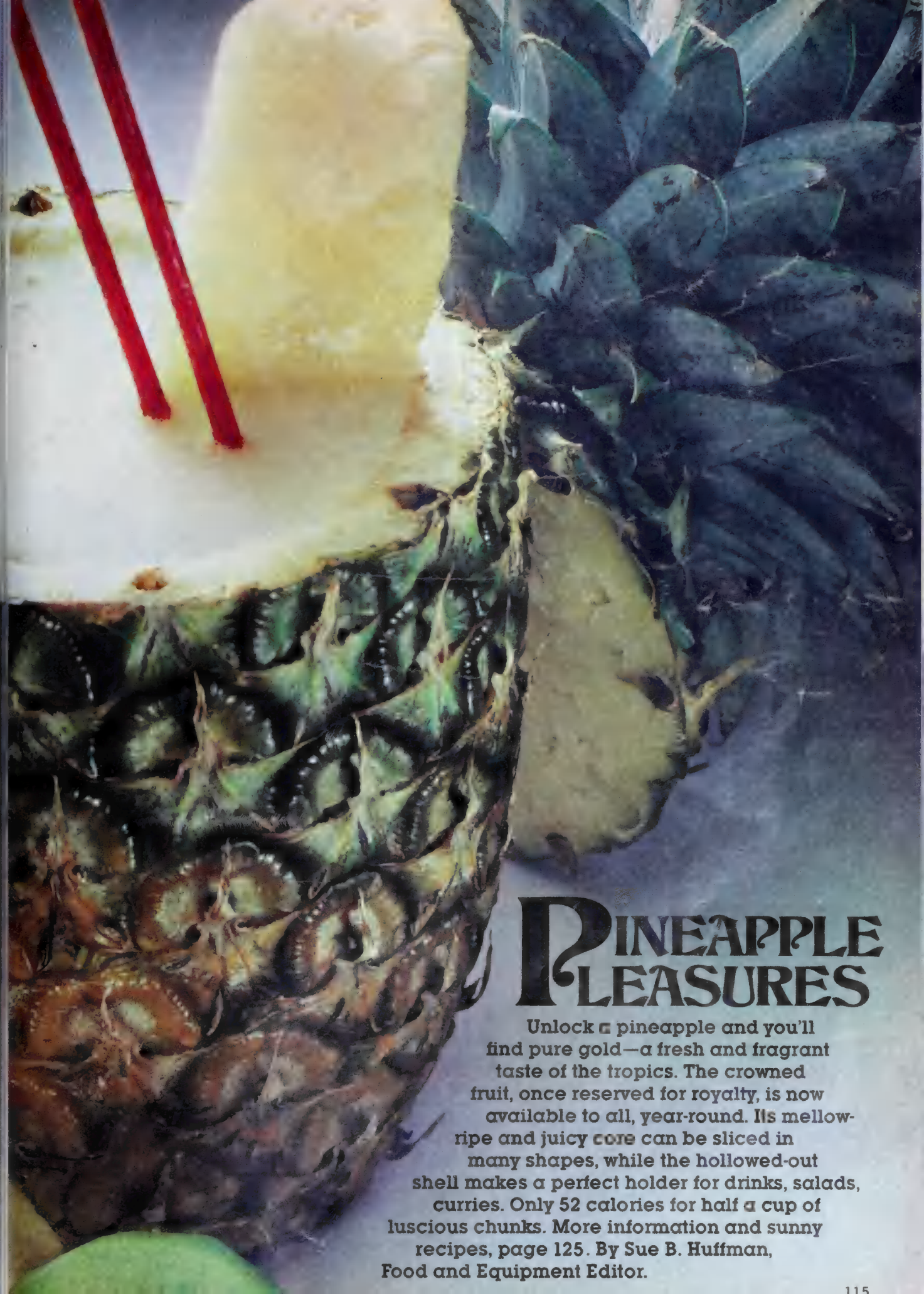
Ordinary Into One-of-a-Kind, *above: A sensible working space simply transformed with imagination and friendliness. Cabinets were painted in a basic putty, then sponged with an earthy clay color. Moldings echo in a slightly deeper shade. Surprise flooring: randomly-torn butcher paper, glued down, then coated for durability with several coats of Varathane. Centered, a wonderful Mexican antique table.*

Photograph by Max Eckert; designed by Jack Lowrance.



Above: Sweet and Sour Chicken and Pineapple—crunchy classic with batter-dipped breasts. Right: Pineapple Mai Tai—Frothy island temptation, rum-based. Below: Fruit Salad Kabob—bite-size delights with creamy raspberry dressing.

Photograph by Irwin Horowitz



PINEAPPLE PLEASURES

Unlock a pineapple and you'll find pure gold—a fresh and fragrant taste of the tropics. The crowned fruit, once reserved for royalty, is now available to all, year-round. Its mellow-ripe and juicy core can be sliced in many shapes, while the hollowed-out shell makes a perfect holder for drinks, salads, curries. Only 52 calories for half a cup of luscious chunks. More information and sunny recipes, page 125. By Sue B. Huffman, Food and Equipment Editor.

Light & Lovely Summer Party

Newest way to entertain—everything pretty yet refreshingly low-calorie and *light.* It's all part of the growing awareness that food (even party fare) needn't be rich to be good. Saves on the budget, too. Here, a jubilation of delights, at only 550 calories per person. Shopping list, timetable, recipes, page 130.

How America Entertains

LOW-CALORIE PARTY
(Serves 8)

KIR COCKTAIL
BEEF CONSOMME AU PRINTEMPS
CHEESE STRAWS
CHICKEN BREASTS PIQUANTE
POTATOES A L'ANGLAISE
ASPARAGUS VINAIGRETTE MIMOSA
FLOATING ISLANDS WITH STRAWBERRY SAUCE
COFFEE OR TEA



Photograph by Nick Samardge



Macaroni

...and, what else, but cheese—one of the great food couples of all times. The *smoothness* of the pasta and the *meltingness* of the cheese work together deliciously, forming a more perfect union. Here, we've created eight main dishes (4 with meat, 4 without) with enough protein for your entire family meal. And we promise—your kids will love every one.



From left: ▪ Macaroni Romanoff—ziti and cottage cheese, dashed with poppy seeds. ▪ Macaroni in Filo Leaves—unusual square with vegetables. ▪ Mac n' Cheese Pie—basic goodness in Cheddar cheese pastry. ▪ Peppers Neapolitan—shells and sweet sausage, red sauce. Recipes on page 120.



Macaroni

continued

MACARONI IN FILO LEAVES
pictured on page 119

Sheets of filo (or strudel) dough are available in the freezer section of many supermarkets now.

2 cups (8 oz.) elbow macaroni
¾ cup unsalted butter
1½ cups chopped mushrooms
1 cup chopped onion
1 package (10 oz.) frozen chopped broccoli, thawed and drained
⅓ cup chopped roasted sweet red peppers
1 container (16 oz.) cottage cheese (2 cups)
2 cups (8 oz.) shredded Swiss cheese
4 eggs, slightly beaten
1¾ teaspoons salt
¼ teaspoon pepper
12 sheets filo dough
1 tablespoon sesame seeds

Cook macaroni according to package directions but cook only 5 minutes. In skillet melt 3 tablespoons butter. Add mushrooms and onions; sauté over medium heat until soft, about 2 to 3 minutes. Remove from heat; add broccoli and peppers. Set aside to cool.

To cooked macaroni, add cheeses, eggs, salt, pepper and broccoli mixture; stir well and set aside.

Preheat oven to 350°F. Melt remaining butter. Cover bottom of a 13x9-inch baking pan with six sheets (leaves) of filo dough, brushing each sheet lightly with melted butter. (Trim or fold each sheet, if necessary, to fit into the pan.) Spread evenly with the macaroni filling. Cover with 6 more sheets of filo dough, again brushing each sheet lightly with melted butter. Make the top sheet as smooth as possible. To retain filling, tuck edges of filo dough under, with a spoon, at the edges of pan. With a sharp knife cut through top filo layer just to macaroni filling, making 9 squares. Brush top with any remaining melted butter. Sprinkle on sesame seeds. Bake for 45 minutes until golden. Makes 9 servings, about 465 calories each.

MAC N' CHEESE PIE
pictured on page 119

Fantastic! Serve it with green salad and white wine for a luncheon or light supper.

Pastry
1 cup unsifted all-purpose flour
½ teaspoon salt
⅓ cup shortening
½ cup (2 oz.) shredded Cheddar cheese
4 or 5 tablespoons iced water
1½ cups (6 oz.) elbow macaroni
Sauce
¼ cup butter or margarine
¼ cup flour
2 cups milk
2 tablespoons chopped parsley
1 teaspoon salt
⅛ teaspoon cayenne pepper
1 package (3 oz.) cream cheese
2 cups (8 oz.) shredded Cheddar cheese

For pastry: Preheat oven to 425°F. In medium bowl combine flour and salt. With pastry blender or two knives used scissor fashion, cut in shortening until mixture resembles coarse crumbs; stir in cheese. Gradually add water and stir with fork until flour is moistened and pastry almost cleans side of bowl. Shape pastry into a ball. On lightly floured surface roll pastry into an 11-inch circle. (Or roll out pastry between 2 sheet waxed paper.) Line 9-inch pie p with pastry; flute edge. Prick the bot and sides with a fork. Bake for 15 utes; set aside.

Meanwhile, cook macaroni accord to package directions; drain and aside.

For sauce: Melt butter in sauce over low heat, add flour and stir smooth and bubbly. Gradually add stirring constantly. Cook until sauc thick; add parsley, salt and pepper. move sauce from heat. Add cr cheese and 1¼ cups Cheddar ch (reserve remaining ¾ cup Cheddar topping) and stir until cheeses melted. Add macaroni to sauce and Pour mixture into partially baked crust. Reduce oven temperature 350°F. and bake for 20 minutes. Sp kle remaining Cheddar on top and 10 to 15 more minutes. Makes 8 ings; about 510 calories each.

MACARONI ROMANOFF BAKE
pictured on page 118

Quick, easy, delicious—poppy seeds flavor and crunch.

1 package (8 oz.) ziti or elbow maca
2 tablespoons butter or margarine
1 cup sliced onion
1 garlic clove, crushed
1½ cups sour cream
1 cup (8 oz.) cottage cheese
½ cup milk
2 tablespoons chopped parsley
1½ teaspoons poppy seeds
1½ teaspoons salt
¼ teaspoon pepper

Cook macaroni according to pac directions but cook only 5 to 6 min Preheat oven to 375°F. Grease 1½-c casserole or baking dish; set aside.

In medium saucepan melt butt margarine over low heat. Add onio garlic; sauté until tender. Add re ing ingredients except macaroni; well. Add macaroni and toss until coated. Pour into prepared casser baking dish; cover. Bake 25 to 30 utes or until hot and bubbly. Re cover; bake 5 minutes more. Serv mediately. Makes 4 servings, about calories each.

PEPPERS NEAPOLITAN
pictured on page 119

Mac and cheese with an Italian stuffed into green peppers.

2 cups (8 oz.) shell macaroni
3 quarts water
1 tablespoon salt
8 small green peppers, tops cut off, seeds and membranes removed
1 pound sweet Italian sausages
2 jars (16 oz. each) spaghetti sauce
2 cups (8 oz.) mozzarella cheese, shredded
¾ cup (3 oz.) grated Parmesan chee
½ teaspoon salt
½ teaspoon basil
⅛ teaspoon pepper

Cook macaroni according to *(conti*



From left: Chicken Loaf Normande, Macaroni Mousse Ring.

You are looking through a glass washed in Dishwasher *all*.



Clean. Clear. Spotless as can be. Because Dishwasher *all* has a built-in rinse agent formula. If your glasses don't look like this, it's time you started using Dishwasher *all*.





THE DOLE® BANANA

So sweet. So subtle. And so specially made-up with the smooth, spicy flavor of MIRACLE WHIP Salad Dressing from Kraft.

YOU'VE NEVER HAD IT SO GOOD.

RAINBOW SPARKLE SALAD

- 3¾-oz. pkg. lemon instant pudding mix
- 1¾ cups milk
- ½ cup MIRACLE WHIP Salad Dressing
- 3 large DOLE Bananas, peeled, sliced
- 2 cups strawberry halves
- 1 cup blueberries
- Lettuce

Prepare pudding according to package directions using 1¾ cups milk. Add salad dressing; mix well. Chill.

Arrange bananas and strawberries on lettuce-covered platter. Top with blueberries. Serve with dressing. Garnish with lemon peel. 6 to 8 servings.

KRAFT SALAD DAYS ARE HERE





Macaroni

continued

package directions but cook only 7 to 8 minutes. In large saucepan heat water and salt to boiling. Add peppers; cook 5 minutes. Remove peppers and invert onto paper towels; drain well.

In large skillet over medium heat cook sausages until well browned. Drain on paper towels; set aside until cool enough to handle. Then cut each sausage into quarters, lengthwise, and chop.

Preheat oven to 375°F. In large bowl combine sausages, 1 jar spaghetti sauce, mozzarella cheese, ½ cup Parmesan cheese and seasonings. Add macaroni and mix well. Pour half the remaining spaghetti sauce (about 1 cup) into 12x8-inch baking pan. Fill each pepper with macaroni mixture, dividing mixture evenly, and place in pan. Spoon remaining spaghetti sauce on top of each pepper, then sprinkle with reserved ¼ cup Parmesan cheese. Cover with foil. Bake 30 to 35 minutes until hot and bubbly. Remove foil and bake 5 more minutes. Makes 8 servings, about 450 calories each.

MACARONI MOUSSE RING
pictured on page 120

Fill ring with a green vegetable for a tasty meal-in-one.

½ pound sliced bacon, cut into ½-inch pieces
2 cups (8 oz.) elbow macaroni
4 eggs, at room temperature and separated
1 can (4 oz.) sliced mushrooms, drained
1 cup (4 oz.) shredded Cheddar cheese
1½ cups milk
¼ cup butter or margarine, melted
¼ cup chopped green onions
1 teaspoon dry mustard
½ teaspoon salt
⅛ teaspoon pepper

In small skillet cook bacon until crisp; drain well on paper towels. Cook macaroni according to package directions but cook only 5 minutes; drain.

Preheat oven to 350°F. Generously grease 6½-cup ring mold or 9x5-inch loaf pan; set aside.

In large bowl beat egg yolks with a fork until pale yellow. Add macaroni and the remaining ingredients except egg whites and stir until well mixed. In small mixer bowl beat egg whites until stiff but not dry. Gently fold whites into macaroni mixture. Spoon into prepared mold. Place mold in a large roasting pan and place in oven. Fill pan with hot water to 1 inch from top. Bake 45 to 50 minutes (about 1 hour for loaf pan) or until knife inserted in center comes out clean. Remove mold from oven and let stand 10 minutes before inverting onto serving plate. Serve immediately. Makes 6 servings, about 435 calories each.

CHICKEN LOAF NORMANDE
pictured on page 120

Garlic-herb cheese boosts this dish into the "something special" category.

2 cups (8 oz.) elbow macaroni
3 tablespoons butter or margarine
½ cup chopped onion
3 cups (1 lb.) shredded zucchini
3 cups minced cooked chicken (3½ lb. broiler-fryer)
2 packages (4 oz. each) spiced cheese with garlic and herbs, softened
½ cup heavy or whipping cream
1¼ teaspoons salt
⅛ teaspoon pepper

(continued)



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In the mood for a barbecue?

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For a Southern-style barbecue that's a real wingding, just shake. The coating turns into a rich, tomatoey barbecue sauce in your oven—and your chicken's shamefully delicious.

Serve up with candied yams, fresh peaches, a mixed salad and buttermilk biscuits. Shake 'n Bake® Barbecue Style—for a barbecue that'll make the South rise again!



Macaroni

continued

Cook macaroni according to package directions but cook only 5 to 6 minutes. Grease 9x5-inch loaf pan; set aside. In large skillet over medium heat melt butter or margarine. Add onion and zucchini; cook, stirring often, until vegetables are tender. Remove from heat.

Preheat oven to 375°F. In large bowl combine vegetables with remaining ingredients except macaroni, stir until well mixed. Fold in macaroni, pour into prepared pan. Cover and bake 30 to 35 minutes until hot and bubbly. Remove from oven and let cool 10 minutes. Invert onto serving platter. To serve, cut into slices. Makes 8 servings, about 390 calories each.



RANCHERO CASSEROLE

Use two 1½-quart casseroles and pull off a favorite busy person's ploy: bake one, freeze one.

2 cups (8 oz.) elbow macaroni
½ pound ground beef
1 cup (1 large) chopped onion
2 garlic cloves, crushed
1 can (16 oz.) whole tomatoes
2 cans (8 oz. each) tomato sauce
2 tablespoons Worcestershire sauce
2 teaspoons salt
½ teaspoon oregano
½ teaspoon sugar
3 cups (12 oz.) shredded sharp Cheddar cheese
1 cup ricotta cheese
1 package (10 oz.) frozen peas, thawed

Cook macaroni according to package directions but cook only 5 to 6 minutes. Preheat oven to 375°F. Grease a 3-quart casserole or two 1½-quart casseroles; set aside. In 5-quart Dutch oven over medium heat cook ground beef, onion and garlic until meat is browned and onion is tender. Stir in tomatoes, tomato sauce, Worcestershire sauce, salt, oregano and sugar and heat to boiling. Cover; reduce heat and simmer 15 minutes; remove from heat. Add macaroni, 1½ cups Cheddar cheese, ricotta cheese and peas and mix well; spoon into prepared casserole. Sprinkle reserved 1½ cups cheese evenly on top. *(Can be prepared in advance to this point. Cover and freeze up to 3 months. Bake, covered, in 350°F oven for 1 hour for a 1½-quart casserole or until heated through.)* If preparing and serving same day, cover and bake for 30 to 35 minutes until bubbly. Remove cover; bake 5 to 10 minutes more until cheese is lightly browned. Makes 8 servings, about 465 calories each.



PINEAPPLE PLEASURES

continued from page 115

Pineapple Power

When Columbus stepped foot upon these shores, he was welcomed with a strange native fruit named "na-na" (fragrance-fragrance) by the West Indians. Now we call that traditional symbol of hospitality the pineapple (mainly because it resembles a pinecone).

Best way to tell a ripe fruit—thump it. Flick with your forefinger and listen for a good, dull thud (similar to thumping your wrist). A hollow echo indicates it's not yet ripe. As to pulling out one of the leaves in the crown as a test of ripeness—fact is, it's always possible to yank one out, ripe or not. Color is not a good test either for, in truth, a mature pineapple can be delicious with greenish tinges or an all-over mellow yellow. So remember—thump.

Basic preparation: With a heavy, sharp knife set pineapple on side, cut in half from base through leaves. Then quarter. Remove tough center core; separate fruit from skin with a grapefruit knife or a new, longer, curved pineapple knife. Then, slice into bite-sized cubes, wedges or spears. Can be eaten all day long—from a breakfast treat (try sprinkling with brown sugar) to a fresh snack to a late-night dessert (mix with ice cream, liqueurs).

Fresh pineapple should be refrigerated if not served right away. The fruit also freezes beautifully—just remove meat and store in plastic.

An interesting, little known fact about fresh pineapple is its strong enzyme, bromelain, which "digests" or breaks down protein. This means it will stop gelatin from gelling (always use canned); make cottage cheese, *(continued)*

SPINACH SOUFFLE À LA GRECQUE

. macaroni soufflé? Indeed, and one that will quickly be-ome a favorite of family and guests.

cups (8 oz.) elbow macaroni
4 cup butter or margarine
4 cup finely chopped onion
4 cup flour
⅓ cups milk
4 teaspoon salt
4 teaspoon pepper
ash nutmeg
egg yolks
package (10 oz.) frozen, chopped spinach, thawed and drained
egg whites
cup (4 oz.) feta cheese, crumbled
cup (4 oz.) shredded Swiss cheese

ook macaroni according to package directions but cook only to 6 minutes.

Place oven rack on lowest shelf. Preheat oven to 400°F. rease 2-quart soufflé dish; set aside.

In medium saucepan melt butter or margarine. Add onion nd sauté until tender. Stir in flour and cook until bubbly. radually add milk, stirring constantly; cook until sauce is ickened. Add seasonings; remove from heat. Stir in egg olks, one at a time, until smooth. Fold in spinach and maca-ni; set aside and let cool.

In small mixer bowl beat egg whites until stiff but not dry. tir about ¼ of the beaten whites into macaroni. Then gently ld in remaining whites, gradually sprinkling in feta and wiss cheeses while folding.

Spoon mixture into prepared dish. Place in oven and re-uce heat immediately to 375°F. Bake 35 to 40 minutes ntil puffy and brown or until a skewer inserted into center f soufflé comes out clean. Serve immediately. Makes 6 serv-gs, about 440 calories each. **End**



Flavor makes a splash. Fat takes a dive.

Dive into the All-American flavor of Light n' Lively process cheese product from Kraft.

Half the fat of regular process cheese and fewer calories, too. That's why we call Light n' Lively "The Lean American."

Poolside Pleasers

Roll together boiled ham slice and cooked asparagus spears. Top with slices of LIGHT N' LIVELY process cheese product; broil until melted. Serve on toast triangle.



Or team up thin rye bread slices with LIGHT N' LIVELY American Flavored SINGLES and green pepper ring. Fill green pepper ring with egg salad.

For all-American flavor and half the fat, switch strokes. Switch to the rich, rewarding flavor of the "Lean American," Light n' Lively from Kraft.



Light n' Lively.

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The Lean American.

PINEAPPLE PLEASURES

continued

sour cream and yogurt "weep" (if left standing), and turn chicken salad and others "mushy" (in about 30 minutes).

FRUIT SALAD KABOB
pictured on page 115

Substitute (or add) bananas or your favorite melon for the kiwi, if you choose.

Dressing
- 1 package (3 oz.) cream cheese, softened
- 1 container (8 oz.) raspberry flavored yogurt

1 medium pineapple, peeled, cored and cut into wedges
1 pint strawberries, hulled
3 kiwi fruits, peeled and cut into ¼-inch thick slices

To prepare dressing, combine all ingredients in a medium bowl and stir until smooth; set aside. About 30 calories per tablespoon.

Thread fruit onto skewers and serve with fruited dressing. Makes 8 servings, about 60 calories each without dressing.

SWEET AND SOUR CHICKEN AND PINEAPPLE
pictured on page 114

Don't be turned off by the number of ingredients in this recipe. It's done in steps—really quite simple. A colorful and tasty entrée.

2 whole boneless chicken breasts (1 to 1¼ lbs.), skinned and boned
2 tablespoons soy sauce
1 teaspoon cornstarch
½ teaspoon salt
2 cups plus 2 tablespoons salad or peanut oil
3 medium onions, cut into eighths
3 medium carrots, diagonally sliced
1 large green pepper, cut into 1-inch chunks
2 garlic cloves, chopped
1 small pineapple, peeled, cored and cut into 1-inch chunks (about 2 cups); reserve juice for sauce

Batter
- ¾ cup unsifted all-purpose flour
- 2 tablespoons cornstarch
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¼ teaspoon sugar
- ⅛ teaspoon baking powder
- ¾ cup water

Sauce
- ½ cup reserved pineapple juice
- ½ cup chicken broth
- ½ cup dark brown sugar
- ¼ cup water
- 2 tablespoons cornstarch
- 3 tablespoons cider vinegar
- 3 tablespoons ketchup
- 2 tablespoons soy sauce

Cut chicken into ½-inch chunks. In medium bowl combine soy sauce, cornstarch and salt; stir until well mixed. Add chicken and toss until well coated; set aside.

In a large skillet heat 2 tablespoons oil. Add onions, carrots, green pepper and garlic; cook stirring quickly and rapidly (stir-fry) over medium high heat for 3 minutes. Remove vegetables. To the same skillet add pineapple and stir-fry for 2 minutes. Add pineapple to vegetables. Wipe out skillet and set aside.

In medium bowl combine batter ingredients. Blend with fork until smooth. In a wok or large saucepan heat remaining oil to about 365°F. on deep fat thermometer. Add chicken to the batter and toss until well mixed. With a spoon drop a few chicken pieces into hot oil, cook for 4 to 5 minutes until crisp and brown. Remove chicken with slotted spoon to shallow dish or serving platter; keep warm in a 200°F. oven. Cook remaining chicken, keep warm.

To the large skillet add all sauce ingredients. Heat the sauce to boiling, stirring constantly until thickened and sugar is dissolved. Add vegetables and pineapple to sauce and cook 1 to 2 minutes more until heated through. Pour sauce and vegetables over chicken. Serve immediately with rice, if desired. Makes 4 to 6 servings, about 445 calories per 6 servings; 665 per 4 servings.

PINEAPPLE MAI TAI
pictured on page 115

If you can't see the palm trees and the hula girls, it's not our fault.

½ cup light rum
¼ cup triple sec
½ cup crushed fresh pineapple
¼ cup pineapple juice
2 tablespoons lime juice
2 ice cubes
Crushed ice, optional



ace all ingredients into blender container. Cover and blend ntil smooth. Pour over crushed ice, if desired. Serve in hol-wed out pineapple shell, if desired. (See directions below.) akes 2 drinks, about 240 calories each.

To make shell: With a sharp knife cut off top of pineapple. sert a long sharp knife close to the rind and cut with saw-e motion all around the pineapple, being careful not to t through shell. Remove the fruit. Invert shell to drain.

PINEAPPLE TART

production—granted. Save it for your classiest dinner party.

pping
- 1 large pineapple
- 1½ cups sugar
- ¾ cup water
- ¼ cup cherry brandy
- ⅛ teaspoon salt
- ⅓ cup apricot preserves

stry (Paté Brisée)
- 1¼ cups unsifted all-purpose flour
- 6 tablespoons butter, chilled and cut into ¼-inch cubes
- 2 tablespoons shortening
- 2 tablespoons sugar
- ⅛ teaspoon salt
- 5 to 6 tablespoons cold water

lling
- 12 ounces (1½ 8-oz. packages) cream cheese, softened
- ½ cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon grated lemon peel

pping: Cut off top and bottom of the pineapple; discard. ith a sharp knife cut off the shell. Cut pineapple in half, ngthwise. Remove core; cut each half into ¾-inch thick ces (about 4 cups total). In medium saucepan heat sugar, ter, cherry brandy and salt to boiling. Reduce heat and mmer 2 minutes. Add pineapple; reduce heat and cook 10 12 minutes or until pineapple is tender. Remove from heat; ol in pan to room temperature. Meanwhile, prepare pastry. *stry:* In medium bowl place flour, butter, shortening, sugar d salt. With pastry blender or 2 knives used scissor-fashion, mix until ingredients resemble coarse crumbs. Add water and stir with fork. Place on a floured board, quickly knead 4 or 5 times until a smooth ball and pastry holds together.

Preheat oven to 425°F. On a lightly floured surface, roll out pastry to an 11-inch circle, about ⅛-inch thick. Fit pastry into a 9-inch tart or quiche pan with a removable bottom. (To keep pastry from shrinking, place a 9-inch round cake pan on top of pastry or press foil along bottom and sides, fill with uncooked beans or rice.) Bake for 10 minutes. Remove cake pan or foil and beans from pastry; prick with fork. Continue baking shell for another 10 to 12 minutes. Remove from oven; let cool on wire rack while preparing filling.

Filling: Reduce oven temperature to 350°F. In small mixer bowl combine all filling ingredients and beat at medium speed until smooth. Pour batter into prepared pie shell. Bake 35 minutes. Remove from oven. Let cool on wire rack to room temperature.

Remove cooled pineapple from brandy syrup with slotted spoon and drain. (Reserve syrup, if desired, to use for fresh fruit salad.) Arrange drained pineapple slices on top of tart, overlapping slices slightly, in concentric circles. In small saucepan heat apricot preserves until melted; stir in 1 tablespoon water. Strain preserves through fine sieve and brush on pineapple. Makes 12 servings, about 340 calories each.

SUNSHINE SALAD

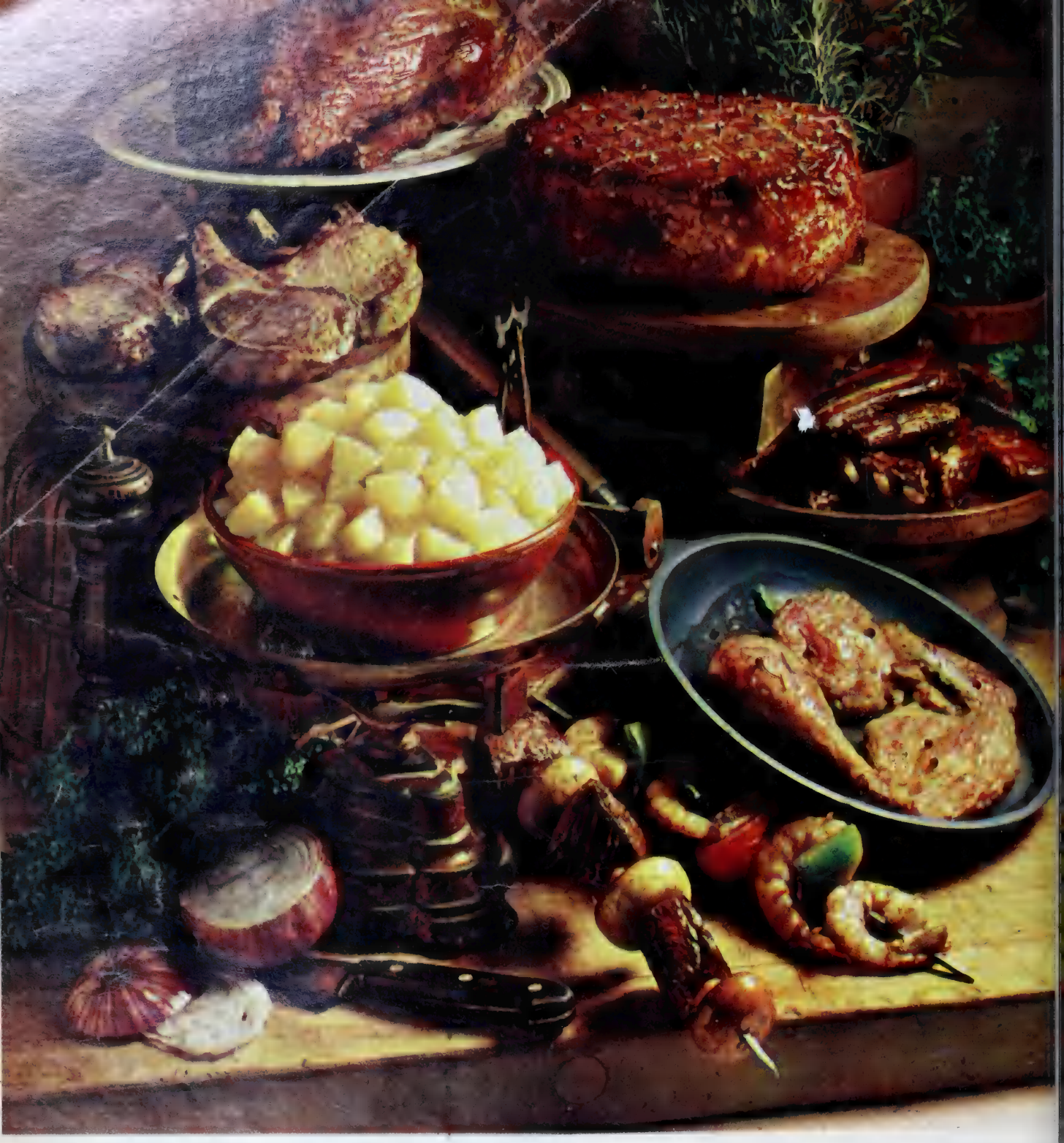
A new approach to that perennial favorite, potato salad.

- 5 small new potatoes

Dressing
- ¾ cup sour cream
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ½ teaspoon sugar
- ¼ teaspoon dillweed
- ⅛ teaspoon garlic salt
- ⅛ teaspoon pepper

(continued)





Dole Pineapple and the entree.

Imagine the fine excitement this simple touch brings.

The sweet tingle of Dole over smokey ribs. The tang of Dole Pineapple and tender chicken. Dole shimmering brightly across a juicy glazed ham.

Take the main dish you love, and taste what a little touch of Dole can do.

Dole goes with anything. Especially your imagination.



PINEAPPLE PLEASURES

continued

cups chopped fresh pineapple, drained (about 1 small pineapple)
½ cups diced, cooked ham (about ½ lb.)
¼ cup chopped green onions

lace potatoes in medium saucepan. over with water, bring to a boil and mmer until potatoes are fork tender, bout 20 minutes. Run potatoes under old water; drain and let cool.

Meanwhile, in medium bowl combine ressing ingredients and stir until mixed. eel and dice potatoes and add to dress- g with pineapple, ham and green on- ns; toss lightly. Serve immediately. lakes 4 servings, about 250 calories ach.

CHINESE GLAZED PINEAPPLE

milar to honey-crispy fruit found in hinese restaurants, this dessert de- ands last-minute preparation. Tips— uit should be cold and well drained; ou need to work quickly; if it's a humid ay, forget it.

cups sugar
cup water
tablespoon light corn syrup
teaspoon cream of tartar
cups fresh pineapple chunks, dried on paper towels (about 1 small pineapple)
large bowl iced water
ooden skewers

heavy saucepan combine sugar, ½ p water, corn syrup and cream of tar- r. Cook over low heat, stirring oc- sionally, until sugar is dissolved. Bring a boil; cover and cook without stirring out 2 minutes (to allow steam to wash wn any crystals that may have formed side of pan). Uncover, reduce heat d cook to the hard-crack stage, 300°F. candy thermometer. Remove pan and place it in a large pan of hot water; keep water hot over low heat. Stick each pineapple chunk onto a skewer; dip into the syrup, then plunge immediately into iced water. Place chunks on a wire rack and continue dipping remaining fruit. Serve immediately. Makes about 16 pieces, about 100 calories each.

Ed. Note: Do not pour remaining syrup down the drain. It is a brittle candy that will harden immediately and could clog the drain. Therefore, fill the syrup-coated pan with water and heat until water boils, then pour down the drain.

PINEAPPLE PORK KABOBS

An attractive entrée that can be broiled indoors or grilled out.

Marinade
1 large pineapple, peeled and cored
½ cup chopped onion
¼ cup chili sauce
¼ cup salad oil
2 tablespoons brown sugar
2 teaspoons salt
1 garlic clove, chopped
½ teaspoon chili powder
¼ teaspoon pepper
⅛ teaspoon cumin
2 pound lean pork shoulder, cut into ¾-inch chunks
2 large green peppers, cut in 1-inch chunks
1 pint cherry tomatoes
1 pound small white onions

Finely chop enough pineapple to measure one cup and place in a medium saucepan. Cut remaining pineapple into 1-inch chunks; set aside. Add remaining marinade ingredients to saucepan. Bring to a boil, cover, simmer over low heat for 15 minutes.

Meanwhile, in large bowl combine pork, green peppers, cherry tomatoes and onions. Pour marinade over the pork and vegetables and toss until well coated. Cover and refrigerate at least one hour, turning meat occasionally.

On 8-inch metal skewers, thread pork alternately with green peppers, cherry tomatoes, onions and reserved pineapple. Do not place pineapple directly next to pork. Brush skewers with remaining marinade; place on broiler pan and broil, turning often and basting frequently with marinade. Broil for 10 to 15 minutes. Serve at once. Makes 8 servings, about 450 calories each.

To grill: Prepare skewers as above. Grill over medium-hot coals 5 inches from heat, turning and brushing often with marinade for 10 to 15 minutes.

PINEAPPLE ICE

A refreshingly light dessert or a splendid way to clear the palate between courses.

1½ cups water
½ cup sugar
1 medium pineapple, peeled and cored
3 tablespoons lemon juice

In medium saucepan heat water and sugar to boiling. Cover and reduce heat; simmer for 5 minutes, without stirring.

Meanwhile, coarsely chop the pineapple and place in blender container; purée until smooth, 1 to 2 minutes. (Or, place in food processor with steel blade attachment.) Remove syrup from heat and stir in pineapple purée with lemon juice. Pour through a sieve into a 13x9-inch metal pan. Cover with plastic wrap and place in freezer until mixture has frozen about ½-inch in from edge of pan, about 45 minutes. Stir and return to freezer. Stir vigorously every 45 minutes 3 more times. Freeze until firm (mush). Let stand 15 minutes before serving. Serve with creme de menthe, if desired. Makes 8 servings, about 75 calories each.

PINEAPPLE WINE CONSOMME

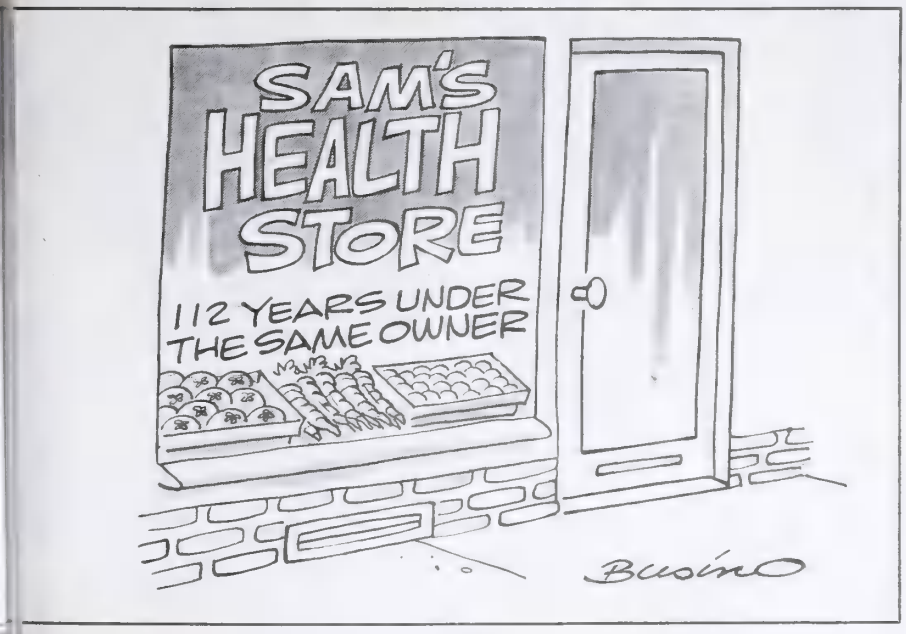
Lime juice and cardamom are the special ingredients here.

1 medium pineapple
2 cups water
2 cardamom seeds, crushed
¼ cup sugar
1 cup dry white wine
⅓ cup fresh lime juice

Wash pineapple; with sharp knife cut off top and bottom and discard. Remove shell from fruit by cutting it off in strips. Cut fruit into quarters, lengthwise. Remove core.

For broth, coarsely chop shell and core and place in medium saucepan. Add the water and crushed cardamom seeds. Heat to boiling; cover and simmer for 20 minutes.

Meanwhile, coarsely chop enough pineapple to equal 2½ cups; set aside. Pour broth through a strainer; discard shell and core. Return broth to saucepan. Add chopped pineapple and sugar. Heat to boiling; cover and simmer until pineapple is tender, 20 to 30 minutes. Remove from heat. Transfer mixture to container of electric blender. Cover and blend until smooth, about 1 to 2 minutes. Pour through a strainer into a medium bowl. Add wine and lime juice; cover and chill before serving. Makes 6 cups, about 110 calories per cup. **End**





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Summer Party

continued from page 117

LOW-CALORIE PARTY
(Serves 8)

Kir Cocktail
Beef Consomme au Printemps
Cheese Straws
Chicken Breasts Piquante
Potatoes a L'Anglaise
Asparagus Vinaigrette Mimosa
Floating Islands with Strawberry Sauce
Coffee or Tea

FOOD CHECKLIST

5¼ cups beef broth
1 can (14 oz.) hearts of artichokes
4 slices thin-sliced white bread
4 chicken breasts (about ¾ lb. each), split
¾ pound lean ground beef
Tomato paste (1 Tbls.)
3 pounds fresh asparagus
4 (about 1¼ lbs.) baking potatoes
2 pints strawberries
3 medium tomatoes
1 large or 2 medium heads garlic
1 quart dry white wine
1 cup creme de cassis
⅓ cup dry vermouth
Chives
¼ pound fresh mushrooms

Staples to have on hand

Red wine vinegar
Salad oil
Mayonnaise
5 eggs
Butter or margarine
Parmesan cheese (2 tsp. grated)
Spicy brown mustard (1 tsp.)
Orange juice (¼ cup)
Peel of 1 lemon
Parsley (1 Tbls. chopped)
Confectioners' sugar
Thyme
Salt
Pepper
Sugar
Cheesecloth
Coffee or tea

SCHEDULE FOR LOW-CALORIE PARTY

Up to 1 month before:
1. Invite guests.
2. Inventory supplies.

Day before:
1. Purchase all ingredients.
2. Prepare beef consomme, strawberry sauce, salad dress cover and refrigerate.
3. Chill white wine.
4. Set table.

Morning of party:
1. Make cheese straws; place on serving dish. Cover lig set aside.
2. Trim and cook asparagus. Place on serving platter; cover set aside.
3. Sieve yolk for asparagus garnish. Cover and refrigerate.
4. Prepare floating islands. Pour strawberry sauce into ser bowl. Top with floating islands; refrigerate.
5. Prepare sauce and chicken but do not bake.
6. Cut lemon twists for cocktail.
7. Peel and shape potatoes. Cover with cold water, do not c

One hour before serving:
1. Preheat oven to 350°F. Bake chicken.
2. Prepare kir cocktail in pitcher; refrigerate.
3. Remove salad dressing from refrigerator.

30 minutes before serving:
1. Skim any fat off consomme. Heat and keep warm.
2. Cook potatoes; drain, keep warm.
3. Prepare coffee but do not brew.

At serving time:
1. Serve cocktails.
2. Serve consomme with cheese straws.
3. Shake salad dressing; pour over asparagus and garnish egg yolk.
4. Remove chicken to serving platter. Serve extra sauce in sa boat.
5. Serve potatoes; garnish with parsley.
6. Top each floating island with 1 tablespoon creme de c before serving.
7. Serve coffee or tea, if desired.

(contin

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OR 3 SMALL EGGS	OR 1.3 OZ. T-BONE STEAK	OR 5.5 FLUID OZ. MILK
OR 16 FLUID OZ. MILK	OR 8.9 OZ. FRESH SPINACH	OR 5.4 FLUID OZ. YOGURT

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DREAM WHIP gives every Dream Pie its creamy light texture and fresh, delicious taste.

Whip up a creamy light Chocolate Dream Pie tonight. Your family will love every light, mouth-watering bite.



Chocolate Dream Pie

2 envelopes DREAM WHIP® Whipped Topping Mix
1¾ cups milk*
2 packages (4-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding and Pie Filling*
1 baked 9-inch pie shell, cooled (or use 9-inch graham cracker crumb crust)

Prepare whipped topping mix as directed on package, using large mixer bowl. Add milk and pudding mix. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Spoon into pie shell. Chill at least 4 hours.

*Or use 1 package (6-serving size) JELL-O® Brand Chocolate Flavor Instant Pudding and Pie Filling, reduce milk to 1¼ cups.

Dream Pies. The creamy light difference is DREAM WHIP.®

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Summer Party

continued

All pictured on pages 116–117

KIR COCKTAIL

his refreshing aperitif is a favorite of ours.

bottle (26 oz.) dry white wine, chilled
tablespoons (1½ oz.) creme de cassis
ice cubes
strips lemon peel

a pitcher combine white wine and creme de cassis; chill. *lan be prepared in advance to this point. Cover and refrigate until well chilled, up to 1 hour.)*

To serve, pour wine over ice cubes in wine glasses. Add mon twist. Stir. Makes 8 servings, about 105 calories each. *d. Note:* If preparing cocktails individually, use 1 teaspoon eme de cassis for each 3 ounces of white wine.

CHEESE STRAWS

ry sprinkling on sesame seeds for added crunch.

tablespoon butter or margarine, softened
teaspoons grated Parmesan cheese
slices thin-sliced white bread, crusts trimmed

eheat oven to 350°F. Thoroughly combine butter and eese and spread on one side of each bread slice. Place, ttered side up, on baking sheet and bake until golden own, 12 to 15 minutes. Cool. Cut each slice into 6 strips. Don't make them more than 2 or 3 hours ahead; otherwise, ey get soggy.) Makes 24 strips, about 10 calories each.

BEEF CONSOMME AU PRINTEMPS

rmouth-scented consomme with almost no calories.

¼ cups beef broth
pound lean ground beef
omato, cut into eighths
cup dry vermouth
cup cold water
lt to taste
gg white and broken egg shell
ipped chives for garnish (optional)

large saucepan heat broth, ground beef, tomato and vermouth to boiling. Skim off foam that rises to the top. Reduce heat; cover and simmer for 1 hour. Remove from heat and add cold water. Line a fine strainer with six layers of cheesecloth and place over another saucepan. Pour soup through strainer. Discard ground beef and tomato (but save cheesecloth and strainer to use once more). *(continued)*



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Name_____

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City_____ State_____ Zip_____



Summer Party

continued

Taste for seasonings; add salt if needed.

Beat egg white until frothy. Add egg white and broken shell to soup. Return to heat and cook 2 minutes. Strain soup again through cheesecloth-lined strainer. *(Can be made ahead to this point. Cool, cover and refrigerate up to 2 days. Skim off any fat and discard.)*

To serve, cook until heated through, about 10 minutes. Cover and place over low heat until ready to serve. Garnish with chopped chives if desired. Makes eight 8-cup servings, about 45 calories each.

CHICKEN BREAST PIQUANTE

Vinegar chicken is a darling of nouvelle cuisine. One taste and you'll know the reason why.

Salt and pepper
4 whole chicken breasts (about ¾ lb. each), split and skinned
1 tablespoon butter or margarine
15 medium garlic cloves, peeled
2 medium tomatoes, peeled and coarsely chopped
⅓ cup red wine vinegar
1 tablespoon tomato paste
¾ teaspoon salt
¾ teaspoon thyme
¼ teaspoon sugar
1 can (14 oz.) artichoke hearts, drained
Parsley for garnish

Lightly sprinkle salt and pepper on both sides of chicken breasts. In large skillet melt butter or margarine. Add chicken and cook until well browned on both sides, about 5 minutes. Transfer to 13x9-inch baking dish; set aside. Add next 7 ingredients to skillet and heat to boiling; cook 2 minutes, stirring occasionally. Spoon over chicken breasts and cover with foil. *(Can be prepared in advance to this point. Refrigerate up to hours.)*

Preheat oven to 350°F. Bake chicken for 30 minutes. Remove chicken, scraping tomato and garlic chunks that cling to it into baking dish. Spoon tomato mixture into blender or food processor container with steel blade attachment; purée sauce. Return chicken to baking dish. Scatter artichoke hearts over chicken. Pour sauce over chicken, cover lightly with foil and return to oven for 15 to 20 minutes more.

To serve, transfer chicken to serving plate; garnish with parsley. Spoon remaining sauce into sauceboat. Makes servings, about 140 calories each.

POTATOES A L'ANGLAISE

An attractive accompaniment to Chicken Breasts Piquante.

4 baking potatoes (about 1¼ lbs.), peeled
Water
Salt
1 tablespoon chopped parsley

Quarter the potatoes lengthwise then cut in half crosswise. (You will have pieces per potato.) Trim all the edges to form football-shaped chunks. *(Can be prepared in advance to this point. Place in cold water at room temperature up to 3 hours to avoid discoloration.)*

Heat 1 inch salted water to boiling; add potatoes and cook 10 to 12 minutes or until fork tender. Drain, place in serving dish; sprinkle with parsley. Serve immediately. Makes 8 servings, about calories each.

ASPARAGUS VINAIGRETTE MIMOSA

Our favorite vegetable all dressed up for your party.

3 pounds fresh asparagus or 3 packages (10 oz. each) frozen asparagus
2 teaspoons salt
Dressing
2 tablespoons salad oil
2 tablespoons mayonnaise
1 tablespoon red wine vinegar
1 tablespoon water
½ small garlic clove, crushed
¼ teaspoon sugar
⅛ teaspoon salt
Dash pepper
1 hard-cooked egg yolk

Wash asparagus thoroughly, then hold base of stalk firmly and bend, breaking off the tough end. Trim scales, especially if gritty.

In a large skillet bring 1 inch salted water to boiling. Add asparagus, heat to boiling again. Cover and cook until tender-crisp, about 5 minutes. Drain and chill quickly under cold running water. Drain again. (If using *(continued)*

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Summer Party

continued

frozen asparagus, thaw and drain.) Place on serving platter. *(Can be made ahead to this point. Cover and refrigerate up to 3 hours.)*

For dressing: Place all dressing ingredients in jar with tightly fitting lid. Cover and shake vigorously; refrigerate. *(Can be made ahead to this point. Refrigerate up to 2 days.)*

Press egg yolk through a fine sieve using the back of a spoon. (If not using right away, cover and refrigerate.)

To serve; pour dressing evenly over asparagus. Sprinkle sieved egg yolk on top. Makes 8 servings, about 80 calories each.

FLOATING ISLANDS WITH STRAWBERRY SAUCE

These delicate islands float on a bed of springy strawberry sauce.

Sauce
- **4 cups (2 pints) strawberries, rinsed, stems removed**
- **¼ cup orange juice**
- **2 tablespoons sugar, or to taste**

Floating Islands (meringues)
- **2 large egg whites, at room temperature**
- **Pinch salt**
- **½ cup confectioners' sugar**
- **⅓ cup creme de cassis**

In blender container combine about 1 cup strawberries with the orange juice. Cover and blend until puréed. Add remaining strawberries and sugar; purée until smooth.

Pour into serving dish at least 4 inches deep and large enough to hold the floating islands (or divide among 8 dessert bowls). Chill. *(Can be prepared in advance to this point. Cover and chill up to 24 hours.)*

About 3 hours before serving, make meringues: In small mixing bowl, with electric mixer at high speed, beat egg whites and salt until foamy. Gradually add sugar and continue beating until stiff.

Fill a large skillet with water to ½ inch from the top. Bring water to a boil. Reduce heat and wait until water barely simmers. Dip an ice cream scoop or large soup spoon into hot water. Scoop out the meringue and drop into the simmering water. (If water is boiling, the meringue will fall apart.) Rinse out scoop each time. Poach only 4 at one time. Cook for about 2 minutes, turning gently. Remove with slotted spatula or spoon and drain on paper towels. Repeat, making 4 more. Cool.

Place meringues on strawberry sauce. Refrigerate until serving time.

To serve, top each portion with 2 teaspoons of creme de cassis. Makes 8 servings, about 110 calories each. **End**

JUNE RECIPE INDEX

Here is a listing of recipes appearing in this issue including those from the Journal kitchens and advertisements. All have been tested by our home economists.

APPETIZERS

Beef Consomme au Printemps p. 133
Cheese Straws p. 133
Pineapple Wine Consomme p. 129

BEVERAGES

Kir Cocktail p. 133
Pineapple Mai Tai p. 126

DESSERTS

Apple-Yogurt Mix p. 83
Aunt Jenny's Apple Pie p. 82
Chinese Glazed Pineapple p. 129
Chocolate Dream Pie p. 132
Floating Islands with Strawberry Sauce p. 136
Italian Apple Pie p. 82
Pineapple Ice p. 129
Pineapple Tart p. 127
Strawberry Yogurt Pie p. 75
Tipsy Apples p. 83
Winter Fruit Pie p. 84

ENTREES

Chicken Breast Piquante p. 134
Chicken Loaf Normande p. 123
Glazed Pork Kabobs p. 24
Mac N' Cheese Pie p. 120
Macaroni in Filo Leaves p. 120
Macaroni Mousse Ring p. 123
Macaroni Romanoff Bake p. 120
Orange Garlic Spareribs p. 83
Peppers Neapolitan p. 120
Pineapple Pork Kabobs p. 129
Ranchero Casserole p. 124
Simply Elegant Steak and Rice p. 65
Spinach Soufflé A La Grecque p. 125
Sweet and Sour Chicken and Pineapple p. 126

MISCELLANEOUS

Asparagus Vinaigrette Mimosa p. 134
Corn Bread p. [illegible]
Potatoes A L'Anglaise p. 134
Sour Cream Dressing p. 64

SALADS

Celery Stuffed Apples p. 83
Creamy Tossed Salad p. 64
Fruit Salad Kabob p. 126
Grandma Pierre's Cabbage Peanut Salad p. 84
Hot German Potato Salad p. [illegible]
Rainbow Sparkle Salad p. 122
Sunshine Salad p. 127



John Travolta

continued from page 92

Many of the qualities Travolta loved about his mother he saw again in his first love, Diana Hyland. He met her in 1976 on the set of *The Boy in the Plastic Bubble*, in which, ironically, she played his mother. She was 40 years old at the time; Travolta was 23. And they fell in love.

Travolta has said that the intensity of the feelings between Hyland and himself were totally new to both. "We admitted not only a friendly attraction but a sexual one. She had a quality I can't define. It exceeded anything physical. She had colors I had never imagined in a person." In 1977, however, Hyland, who had been ailing, was admitted to a California hospital, where she died of cancer. Travolta abruptly left his work on *Saturday Night Fever* to rush to her bedside. As he sat there, Hyland told him, "The six months we've been together have been the happiest times in my life."

Hyland died on March 27, 1977, in Travolta's arms. He says he would have married her.

Ellen Travolta, John's sister, doubts that he'll ever get over the loss of Hyland. "That was the first time he was ever in love with someone," Ellen says. "He still sees her little boy, Zack. I took him out to Malibu when John was making *Moment by Moment*, and John spent the day playing with him. He really loves that little boy. But his dedication to his career is so intense that he really doesn't have time for anything else in his life . . . not even romance. He doesn't have time to put into an intimate relationship with someone. Oh, he has women friends—Olivia Newton-John, TV star Marilu Henner—but they're just friends."

Emotionally solitary

Without the two women who've meant the most to him, Travolta has become emotionally solitary. He is still mourning his mother with a grief he was not fully able to exorcise, forced as he was to promote the troubled *Moment by Moment* after her death.

His mother's death was a double blow to Travolta because it was so unexpected. At the beginning, the family chose to protect John and not tell him how sick she was. She first became ill last summer when Travolta took his parents to Paris for the European tour of *Saturday Night Fever*. "It was one of the highlights of Helen's life," says Sal Travolta. When Mrs. Travolta became ill she had to be flown home to New Jersey. For months the family told Travolta that it was just the strain of traveling that was upsetting his mom.

But as her condition worsened, they were forced to tell him the truth. When she became critically ill last fall, he flew her to the Valley Presbyterian Hospital, and was at her bedside when she died. "It was a terrible blow and a terrible loss for him," says John's father. "He loved her very deeply."

To Travolta, his mother was also his most valued critic. And in a certain crucial and sensitive way, she may have been an inspirational force in Travolta's acting, the one magic element that provided the spark, the charisma, the fire that illuminated his work.

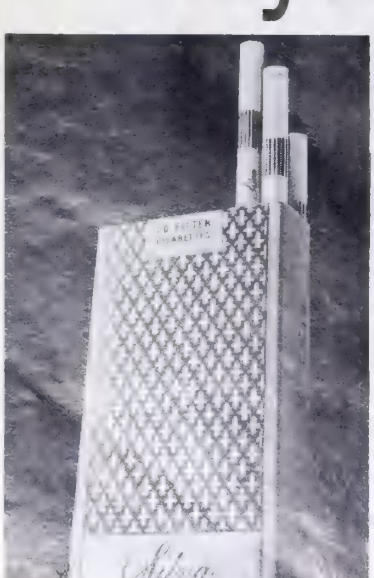
"What happened to him shows how thin the veneer of success can be," says Dr. Berthold Schwartz, consulting psychiatrist at Essex County Hospital, Cedar Grove, New Jersey. "He's vulnerable because his love attachments to his mother and this older woman (Diana Hyland) have ended. These traumas could easily have precipitated his failure to have that life and sparkle, which he projected onto films and which accounted for his previous successes. The lack of those fires burning within him may have accounted for the failure of *Moment by Moment*."

In withdrawing into himself, Travolta may well be placing his career and his reputation on the line. Perhaps his next movie, *Urban Cowboy*, will show whether he has an enduring talent, or whether he is a persona synthesized by Hollywood image-makers. **End**





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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

[illegible] Menthol: 12 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

continued from page 38

Leave nothing to verbal agreements! Put it all, down to the most insignificant detail, in writing.

A local newspaper is carrying ads from a reputable neighborhood store offering contact lenses for $111. This seems an almost unbelievable bargain to me. What do you think?

You must find out some vital answers before you accept this "bargain," for it may not be a bargain at all. For instance: Does the $111 price include a complete exam by a licensed eye specialist and all the essential accessories, such as solutions, contact lens cases, etc.? Are you given individual instruction on how to insert the lenses or must you learn what may be a difficult process for you in a group? And are the lenses tested on your eyes before you buy to make sure you are being helped to get the correct vision and to wear them with maximum comfort? Is there an extra charge for alterations, and who makes whatever adjustments might be essential? A physician? If not, who? Are all necessary follow-up visits in the initial price? Over what period of time?

You must get straight, unqualified answers to every one of these hard-hitting questions (and others that occur to you) before you buy. These are minimum warnings to help protect you not only from throwing your money away on "bargain" lenses but also from actually hurting your eyes.

I've just discovered that I made a mistake on the tax return I filed for 1976 on the deductions I claimed. I didn't get a satisfactory answer on what to do from the clerk I talked to at the local IRS office. I carried the same error over to my state income tax return. What should I do?

Immediately file a refund claim on Form 1040X. For your Federal income tax you can file a refund claim up to three years after the tax return's due date (you're still within the three-year limit) or you can file a refund claim two years after you paid the tax, if that date is later. You can get Form 1040X at your local IRS office.

As for your state income tax return you can file a refund claim on this tax too, but the time limit for claims varies from state to state. It ranges from two years after payment in Tennessee to five years after the return due date in Hawaii, Iowa and Montana.

I've been reading and hearing so much on TV about swindlers now robbing millions of people all over the United States with their slick schemes that I'm afraid I'll become

a victim, too. I'm a widow, not too well, living alone in a large house and I do a lot of buying from ads I receive in the mail. How can I protect myself from my own ignorance?
Use the Federal mail fraud statute, a law that dates back to the 19th century and which can reach just about every fraud there is because there is virtually no important activity which doesn't use the mails in some way. Follow these simple rules: 1) If you are suspicious about any transaction, keep the originals or copies of all papers you send or receive, including postmarked envelopes. Do this automatically, suspicious or not. Your envelopes in particular may supply the jurisdiction of the postal authorities. 2) If you feel that a serious fraud may be involved, notify the postal inspectors, care of your local post office. If they agree with you, they can send the matter to the United States attorney. 3) If you have evidence that a widespread fraudulent scheme may be involved, contact the United States attorney's office directly as well.

The mail fraud section of this law is enforced by the U.S. Postal Service, an elite corps responsible for protecting the mails from theft, burglary, embezzlement and use in aid of fraud. It's a powerful weapon if you learn how to use it —and then *use* it to beat the crooks before they beat you.

I've been living with a man I love (and who loves me) for five years. In recent years, I've been spending more and more time at home, taking care of the household chores and entertaining his business associates with at-home dinners and generally being his wife in every way but legally. I've been wondering: If we break up, would I owe tax on the money he gives me for expenses and "companionship"?
If you were his wife under the law, you could not be taxed on household expense money your husband gives you, nor would you owe tax for the money you are paid for your "companionship."

But, as an unmarried woman, your tax status, as of now, is "in limbo." If the courts start generally to recognize the relationship between the two of you as "contractual," the questions you ask might well be answered, "yes." **End**

LOVE POEM

By Maureen Cannon

Translate this *moment into tidy line*
And phrase, its colors caught by
painted words
And pinned upon a page?
A skill, not mine.
I'd rather butterflies, no less than birds,
Go free, unspoken for or, better yet,
Untalked about. *I have no cage, no net.*

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Adjustable shelves for easy cleaning and organization

won't show fingerprints the way smooth enamel does.

The porcelain-on-steel interior helps resist scratches and odors. And most stains wipe clean with the stroke of a sponge.

Your Kenmore is mounted on rollers, so it glides smoothly away from the wall to give you cleaning room. Roll it back and it fits snugly against the wall because the rear panel is flat with no ugly coils jutting out.

Each Kenmore in this sale has all those outstanding features and more.

Save $70 on a 17.0 cu. ft. Kenmore with Automatic Ice Maker

For a constant supply of ice cubes, the freezer has an Automatic Ice Maker that drops



Automatic Ice Maker (hook-up to water supply at additional charge)

fresh cubes into a handy slide-out bucket.

The refrigerator comes with Sears exclusive see-through Humidrawer® that helps lock in cool air and keep even unwrapped fruits and vegetables fresh for up to eight days.

Save $100 on a 19.0 cu. ft. side-by-side with Automatic Ice Maker

In addition to the Automatic Ice Maker, this big Kenmore gives you a cold water tap and Humidrawer® (shown below).

And you'll find five spacious shelves inside the door (the most



Humidrawer® helps keep fruits and vegetables fresh

frequently used section of your refrigerator). Vertical brackets let you adjust three of the shelves to neatly arrange cans and jars by height. A freezer basket slides out so you can organize frozen foods quickly.

Save $50 on a 17.0 cu. ft. Refrigerator-Freezer

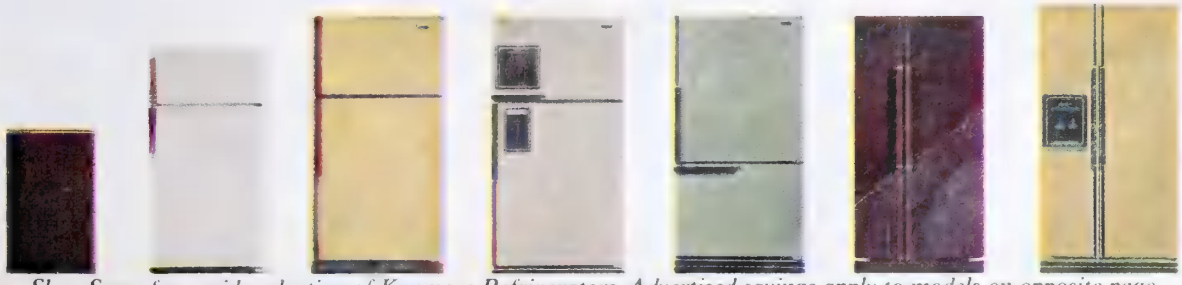
Designed to make every square inch count, this Kenmore has a 4.75 cu. ft. freezer with a spacious, full-width shelf and its own freezer light.

The refrigerator contains a see-through Deli-Drawer for cold cuts and cheeses.

Come to Sears and find the Kenmore that's right for your kitchen. Ask about Sears convenient credit plans. And remember, regardless of where you live, Sears service is as close as your phone.

Kenmore. Solid as Sears

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Shop Sears for a wide selection of Kenmore Refrigerators. Advertised savings apply to models on opposite page.



PEPPER-UPPERS

Pick-a-pack of little peppers (grinders or shakers) to season your food and spice up your table. From frankly efficient to fanciful. Pepper lore and shopping information, on page 144.

Photograph by André Gillardin

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Heavenly Light

NTER THE NABISCO BAG SNACKS SWEEPSTAKES TODAY.

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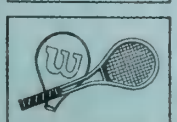
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OFFICIAL RULES
NO PURCHASE NECESSARY

1. On an Official Entry or on a plain 3" x 5" piece of paper, hand-print or type your name, address, city, state and zip code. Include with your entry the Purchase Confirmation Seal from any package of NABISCO Potato CHIPSTERS, Corn DIGGERS, FLINGS Corn Curls, Corn KORKERS, TORTILLA Chips, Nacho Chips or MISTER SALTY Pretzels, or the words "Heavenly Light Snacks from Nabisco," hand-printed on a plain 3" x 5" piece of paper. **2.** Enter as often as you wish, but each entry must be mailed separately to: Nabisco Heavenly Light Sweepstakes, P.O. Box 2502, Westbury, New York, 11591. Entries must be received by July 31, 1979. **3. Winners will be determined in random drawings conducted by National Judging Institute, Inc., an independent judging organization, whose decisions are final. All prizes will be awarded and winners notified by mail. Only one prize to an individual or household. Winners may be required to execute an affidavit of eligibility and release. In the event First Prize winner is a minor, prize will be awarded in name of parent or guardian. Prizes may not be substituted, transferred or exchanged. Odds of winning are dependent on number of entries received. 4.** Sweepstakes open to all U.S. residents, except employees and their families of Nabisco, Inc., its subsidiaries, advertising agencies and Don Jagoda Associates, Inc. Void in Utah and wherever prohibited by law, and subject to all Federal, state and local laws and regulations. Taxes on prizes, if any, are the responsibility of the individual winners. **5.** For a list of major winners, send a stamped, self-addressed envelope to: **Nabisco Heavenly Light Winners, P.O. Box 2515, Westbury, New York 11591.**

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10¢ STORE COUPON 10¢

PEPPER-UPPERS

continued

As familiar as left-and-right or bread-and-butter, pepper the able partner of salt, is known far and wide as "the world's most important spice." It was once thought of as a cure for cholera and arthritis (even Hippocrates prescribed a good dose of pepper). During the Middle Ages, pepper was a real luxury, affordable only by the very wealthy. Considered legal tender, pepper was passed out to pay rents, dowries and taxes. Today, it's commonplace, shaking and flaking its tangy taste over all the foods of the world.

Pepper comes from a woody evergreen, *Piper nigrum*. Clusters of small, round berries grow on this climbing vine (the leaves look like philodendron). For black pepper, the berries are picked before fully ripened (still a darkish green) and sun-dried until wrinkled and hard. The slightly less pungent white pepper, favored by Europeans and used here for cream sauces, noodle dishes, etc., comes from the same plant. The difference is that the berries are picked when mature (red in color), then soaked until the outer black hull comes off and dried white.

India, especially the hot and humid Malabar coast, produces the most (and best) pepper. Two main varieties are named after the major shipping ports, Tellicherry and Alleppey. Other spicy spots: Indonesia, Sri Lanka and Brazil.

Americans have long been accustomed to small tins of pre-ground pepper and many types of shakers. Suddenly, though, the pepper mill is changing from a restaurant oddity to a household fixture. With more interest in food and seasoning, the fact that pepper has more flavor and aroma when freshly ground has added appeal.

Before buying a pepper mill or grinder, look for one that is easy to fill. Some come with small or hard-to-reach openings—and it takes too much time and patience to drop the peppercorns in two by two. Also, the size of the flakes should be readily adjustable—from the finest dust for delicate eggs or pâtés, to extra coarse for a robust salad or steak.

Pepper dispensers come in all sizes, materials and prices. Here is a shopping list for those shown on page 142:

Nos. 1 and 11: Diversions, 698 Madison Avenue, New York, N.Y. 10021. Nos. 2, 3, 7, 9, 10 and 16: La Cuisiniere, Inc., 867 Madison Avenue, New York, N.Y. 10021. No. 5: Hammacher Schlemmer, 147 East 57 Street, New York, N.Y. 10022. Nos. 8, 13 and 15: Bloomingdale's, 1000 Third Avenue, New York, N.Y. 10022. No. 14: Bridge Kitchenware Corp., 218 East 52 Street, New York, N.Y. 10022. Nos. 4, 5 and 12 are privately owned. **End**

"I Gave Up My Children"

continued from page 51

people who care about them. They're doing well in school, and Jimmy has the help he needs for his dyslexia. Their friends are there, their roots are there. They're happy, and their happiness is important to me. I didn't want to disrupt their security.

Also, because my ex-husband is stronger and angrier than I am, and because he loves the boys so much, I knew that seeking their custody would turn into a battle I wouldn't fight. From my own childhood experience I learned that when parents fight over their children, it's the children who lose. I have always seen giving up my boys as an ultimate act of love. Not seeking their custody when I remarried was simply an extension of that love.

That doesn't mean the decision isn't painful, for it is. Not a day goes by that I don't think of my sons. Sometimes when I look at my four year old his resemblance to Jimmy takes my breath away. And when I rock my little girl, I remember how much Jimmy and Joey wanted a sister. No, you don't forget children just because they're not physically present. And no, my telephone calls and letters can't replace my sons' arms around my neck, nor ease my sense of loneliness. But now, in many ways, I have my sons back again.

Mature enough

I called Jimmy on his twelfth birthday, and during the conversation I sensed that he was mature enough to handle seeing me again. A visit, followed by a separation, probably wouldn't upset his life, nor would it make him feel the pain of abandonment all over again. I told Jimmy to put his dad on the line. Then I asked my ex-husband if Jimmy could stay with me for two weeks. He was unhappy with the request, as I knew he would be, but with Jimmy standing there he couldn't really express his annoyance, nor could he argue that Jimmy was still too young. So he said it was up to Jimmy. When I asked my son, praying that he'd want to see me, he said, "Oh, yes! Can I come tomorrow?"

Tomorrow came two days later. As much as I'd missed him, and as much as I'd wanted to see him, waiting for his plane to land was one of the most frightening experiences of my life. The five-year separation had been an eternity to me; how much longer had it seemed to him? How did I know what his father might have said about me in anger? For all I knew, Jimmy might think that I didn't want him or love him. He might hate me for sending him away. Or, most terrible, maybe I was just a blur in his memory, replaced by the woman his father had married?

When the doors of the plane opened and the passengers started getting off, I didn't spot him. I remembered a little boy of seven, not a handsome, tall 11 year old. His pictures didn't do him justice, and he had to say "Hi, Mom!" before I realized this wonderful boy was my own son. Then we hugged and kissed and held each other very tightly.

The ride home was bearable only because Jimmy's half-brother and half-sister couldn't stop talking to him. But every time I looked at him, I felt too choked up to say a word. Every time he looked at me, he'd lower his eyes as they started to fill with tears.

Mother and son again

The first two days were incredibly hard. Searching for words, we spoke in small, choppy sentences. On the third day, I hired a sitter for the little ones and just Jimmy and I spent the day together. We took a ride on a stern-wheeler, visited a museum and stopped for triple-decker hamburgers on the way home. Jimmy had never been on a stern-wheeler, and his natural excitement over a new experience gave us safe, simple things to talk about. It also gave him a chance to mention his dad's new canoe and he saw that it was okay to talk about his father in front of me. Gradually we found it easier to talk. By the time we stopped for hamburgers, we were mother and son instead of two shy strangers.

As his visit continued, we were able to pass up the safe subjects and talk about hard things. He had never been told that I didn't love him, but he'd never been told the truth, either. He didn't know how often I'd written, begging his father for news. He'd never been told how much I worried about him and Joey. How I kept my own private vigil when they had chicken pox. He had never been told why I sent them back to their father.

Dave and the kids fell in love with Jimmy, and we all hated to see him leave. But Jimmy and I handled the departure without too much sadness, because we knew we'd be seeing each other again. Jimmy's father has also agreed that Joey, who's now nine, is old enough to join his brother on a visit this summer. I realize that the hard parts will be there with Joey, too, but they will pass. We'll find that closeness we once knew and, most important for me, I'll know my sons still care.

Jimmy, the day before leaving, told me something that settled my heart and mind about the past. Hugging me, he said, "Know what? Dad just loves Joey and me because we're there, but you love us when we're not there, and you loved us enough to send us away."

I have a son, a wonderful son, who not only loves me, but respects me for making the most difficult decision in my life. I'm sure now that my decision was the right one. **End**

National Smoker Study:

Merit Rocks Tar/Taste Theory.



Flavor rated as good as or better than high tar leaders in fresh research study.

Can low tar MERIT with 'Enriched Flavor'™ tobacco disprove the old "low tar, low taste" theory?

Read the results of detailed, nationwide research conducted among smokers who taste-tested MERIT against high tar brands.

Research Confirms Taste Satisfaction

Confirmed: Majority of smokers rate MERIT taste equal to—or better than—leading high tar cigarettes tested! *Cigarettes having up to twice the tar.*

Confirmed: Majority of smokers confirm taste satisfaction of low tar MERIT.

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Confirmed: Overwhelming majority of MERIT smokers say their former high tar brands weren't missed!

Confirmed: 85% of MERIT smokers say it was an "easy switch" from high tar brands.

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First Major Alternative To High Tar Smoking

MERIT has proven conclusively that it not only delivers the flavor of high tar brands—but *continues* to satisfy!

This ability to satisfy over long periods of time could be the most important evidence to date that MERIT is what it claims to be: The first real alternative for high tar smokers.

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Kings: 8 mg "tar," 0.6 mg nicotine—
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

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Kings & 100's



Norge packs softness, static control, and freshness inside every new dryer.

Norge dryers feature an Energy Sentry® system for most economical operation and come with a box of Bounce packed inside.

Bounce makes clothes really soft.

Bounce controls static so synthetics don't cling.

Bounce leaves things smelling clean and fresh.



Bounce has agreed with dryer makers to supply Bounce samples packed by them and to feature their dryers in Bounce advertising.

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THE JOURNAL'S JUNE READING BONUS

A trio of the season's best short stories

Lucky for Jenny



Have you ever wept for a child who must live with a problem? An inspiring story of a mother's love. By Jonellen Heckler

I am afraid of this hearing aid, which he dealer is so casually demonstrating. r whistles as she fiddles with the volume ontrol. It looks strange: a rectangular, eige box no bigger than my thumb.

"With it, Jenny will hear at ninety-six ercent instead of seventy-five percent," Irs. Lane smiles. "Jennifer. . ." She calls ny four year old who sits staring into a orner.

Jenny shifts in the chair and examines er shoes.

"Jen," I say loudly. She glances ound, uncertain she has heard her ame. I nod encouragement and motion r her to walk over to Mrs. Lane.

"This is your very own hearing aid!" rs. Lane places the aid in Jenny's hand. All yours!"

Jennifer grins, first at Mrs. Lane, then me. Her face curves into a perfect rcle. Love flows between us as though e are still one being. Her feelings move out in my belly like an unborn child.

Brushing back Jen's curls, Mrs. Lane uches her ear. "Let's put it right there."

This is the moment I've prepared for. readed. I've spent time shaping my nhappiness into thoughts, putting a ame to my sorrow. Jenny's wearing of is aid is tangible proof that she does ot hear as others do. It is our admis- on that something is wrong, that it has een wrong from birth. That it will never et any better.

Futile, the mental listing of what I ate hen I was pregnant with Jennifer. utile, the memory of a minor tumble own two steps. Futile, the wish that I had not walked outside in the first snow. The cause could have been anything. Or nothing. I did the best I could.

Mrs. Lane gently lifts Jenny's hair, inserts the ear mold and tucks the tiny machine behind Jenny's ear. Surprised, Jen looks at Mrs. Lane's radio, which is playing barely audible music. She walks over to it, touches it with wonder, listens.

Before this minute, high pitches were totally out of her hearing range.

Mrs. Lane winks at me, excitement glowing in her blue-gray eyes. But, mingled with my joy is a stark confirmation. Despite all my hope, the physicians and audiologists were not wrong. Jennifer needs the hearing aid.

Impossible, that this little girl with even features and clearly normal intelligence could have a flaw, an oversight of nature. Unbelievable.

Outside, Jen pauses on the steps, turning her head from side to side.

"Mommy . . ." She reaches for my hand. "What's that noise?"

I try to hear what she hears but there is nothing. The office building is set well back from the road, in a stand of southern pine and sweet gum trees.

"I don't hear anything, Jen."

"It's a big, big noise," she insists, spreading her arms wide apart.

Maybe there's something wrong with this new hearing aid. I stoop beside her to listen.

"Big," she says again, gazing up.

I look up, too, into the five-pointed sweet gum leaves and feathery pine needles that are bobbing wildly. Realization stings me. My face tingles with the anguish of it.

"The wind," I whisper close to her aid.

She is pleased by this and tilts her chin into the breeze.

"You'll hear a lot of new things today." The words are dry and squeeze out of my throat. "It's a good day."

My pretended happiness blooms in her. She skips and jumps to the car.

On the way home, I fight to regain my emotional balance. We are not guilty. Not guilty. Even her pediatricians were unaware that Jennifer could not hear soft or high-pitched tones. Until the audiological test at nursery school.

I can't pull into the driveway. There's a pickup truck in it: Pest Control. Good. The crickets in the basement have been driving me crazy. We walk across the lawn to the man on the porch.

"You Mrs. Weston?" He looks tired. His coveralls are rumpled.

Illustration by Carlo Basile

"Yes."

"I'm Landon. You called about crickets?"

"Yes, I did."

"Well, I've been waiting but I can't wait any longer. I'll just take a look and come back Monday."

I consult my watch: 4:30. He still has time. The trouble is it's Friday afternoon. I grow uncomfortable with anger. Why can't he be nice? I'm not in the mood for this.

Jen climbs onto the porch to lift Scaredy, our black kitten. He allows himself to be draped around her neck.

"Scaredy Cat," she croons, rubbing her cheek against his whiskers.

I unlock the front door.

"He's making a noise!" Jen reports. "A new noise."

As she carries him past me, I answer, "That's called 'purring.' " Landon raises his eyebrows at Jen.

When we start downstairs, we can hear the crickets chirping lightly.

"You got 'em," Landon announces.

I know that. Why does he think I called him?

"Mom. . ." Jennifer perches on the top step. "What's that whistling?"

"Crickets." I turn toward her as I answer. I've always turned toward her. Now that I know she's hard of hearing, I catch myself in these old habits. I unknowingly accommodated myself to her hearing loss for so long—speaking directly to her face, motioning to indicate what I wanted her to do. Why didn't I realize she was partially reading my lips, living on signals?

"Yep, you got 'em," Landon repeats, surveying the basement with his hands on his hips. "Can't see 'em but they're here. I'll be out first thing Monday."

"What's a cricket?" I look up the stairs to where Jennifer sits smoothing her dress over her chubby knees, Scaredy still hanging on her shoulders.

"A bug, Jenny."

"But not just any bug, Little Lady," Landon says, pointing at her. "A lucky bug. On the other side of the world, people *want* crickets in their houses and keep 'em in cages. They think crickets bring luck." He clomps heavily up the steps. "And this must be a lucky, lucky house 'cause you've sure got 'em."

I hear him slam the front door and start his truck. This, a lucky house? There is a bitter taste like lemon rind on my tongue. And when I try to hug Jenny, her hearing aid squeals.

The door clicks open again.

"You creep!" Christopher is shouting in the hall. "John's a creep, Mom! Mom? Where are you?"

"Right here, Honey." I finish climbing the stairs. Chris is out of breath and red in the face. He's wearing a baseball cap that is too big.

"John Preston is a creep."

"Okay. Calm down. Where is John?"

"Outside," Chris says with disgust.

"Did you thank Mrs. Preston for keeping you at her house after school?"

He looks at me guiltily.

"Well, please go over and thank her."

Chris yanks open the door and comes face to face with John Preston. I brace myself for the battle.

"Hi ya, John. Wanna play?"

"Yeah." John reaches back and closes the door.

I should have a memory so short!

"Is it true?" Jennifer appears carrying the sleepy cat cradled in her skirt. "About people thinking crickets are lucky?"

"Yes."

"Well, why don't we think they're lucky?"

"I don't know. People just look at things in different ways. Some people think black cats are bad luck."

Jennifer shoots a startled glance at Scaredy. "You mean, all that matters is how you feel about it?"

"Umm-hmmm." I caress her hair, surprised to find the plastic bump of a hearing aid. Will I ever get used to this?

I make dinner in a moody silence.

"What're we having?" Christopher bounces into the kitchen wearing his cap on his fist.

"Spaghetti. Did you have a nice day?"

"Yeah." He folds the crown of the cap and tucks it under his belt.

"I'm glad to see you." I stop stirring and look at him. Eight years old and growing out of every item of clothing he owns. I hold out my arms for him and he presses close to me.

"Did you get everything straightened out with John?"

"Like what?"

"Well, weren't you having a fight?"

Chris stares at me blankly, then changes the subject. "Did Jenny get that hearing aid?"

"Yes." I consider warning him about not hurting her feelings but I can't think of how to start.

He sees her jog past the doorway chasing the kitten. "Hey, Jen."

She walks up to him.

"Can I see your hearing aid?"

Jen lifts her curls. The heat from the stove encloses me. I need a glass of water.

"Neat!" Chris announces with genuine admiration. "Does it have batteries?"

"One. It's real little," Jen says.

"Can I change the battery sometimes?"

"Can he, Mom?"

"Sure."

"Yippee!" Chris explodes. "Neat!"

I gulp the water, wipe my neck with a paper towel. Ben opens the back door.

"Hi, everybody!"

"Daddy . . ." Jen flings herself on him. The hearing aid whistles. She draws away, puzzled.

"When something gets too close to the hearing aid," I explain, "it causes 'feedback.' It squeaks."

"So, you got your hearing aid today," Ben smiles. "I'm proud of you!"

"And I get to change the battery," Chris inserts, looking for attention.

Ben puts an arm around him. "Come tell me everything while I take off my jacket and tie." He pulls Jenny's hand. "Come on. You, too, Mommy."

We are friends. We were friends long before we "fell in love"—whatever that is. Loving Ben is like breathing. Easy.

I want to throw myself on him as the children do, spilling the day's emotions, letting them be absorbed by his gentleness. But there is no competing with their noise, their energy.

We cluster in the bedroom, drawn to Ben, watching his face. He loves life just as it is. Loves us. We stay close to him, warming ourselves.

In a rush of ice to my stomach, I remember the hearing aid. How can he look so happy? Something is wrong with Jennifer. Something that will never end.

"Where's Karen?" Ben leans over to check the hallway.

"She went to buy a blouse after school because . . ."

"Tony Latta threw up in gym class and a fireman came to talk to us. Donnie put soap in my hair," Chris interrupts.

Ben puts a hand on his head. "Mom was talking."

Chris pauses.

". . . because the dance is tonight."

"Ah," Ben says tentatively. Karen is 13 and 13 is painful for parents. Thirteen is a real monkey wrench. Anything can happen at a dance.

"The teacher sat on chewing gum. Susan Staton lost her lunch money," Chris continues, hugging Ben's leg.

"Wait 'til I tell you," Karen calls from the living room. She arrives triumphantly waving a paper bag. "I went back to get that blouse—the one we saw last week—and it wasn't there. But somebody returned it just as I was leaving. So, I tried it on. Look." She pulls a rose-and-beige confection from the bag.

She is tall, like Ben. Beauty beginning to unfold with frightening speed: a radiance in the face, a perceptible curving to the body. She has grown beyond anything of our creation. She is her own.

"Mom!" Karen speaks joyfully, holding up the blouse for my approval.

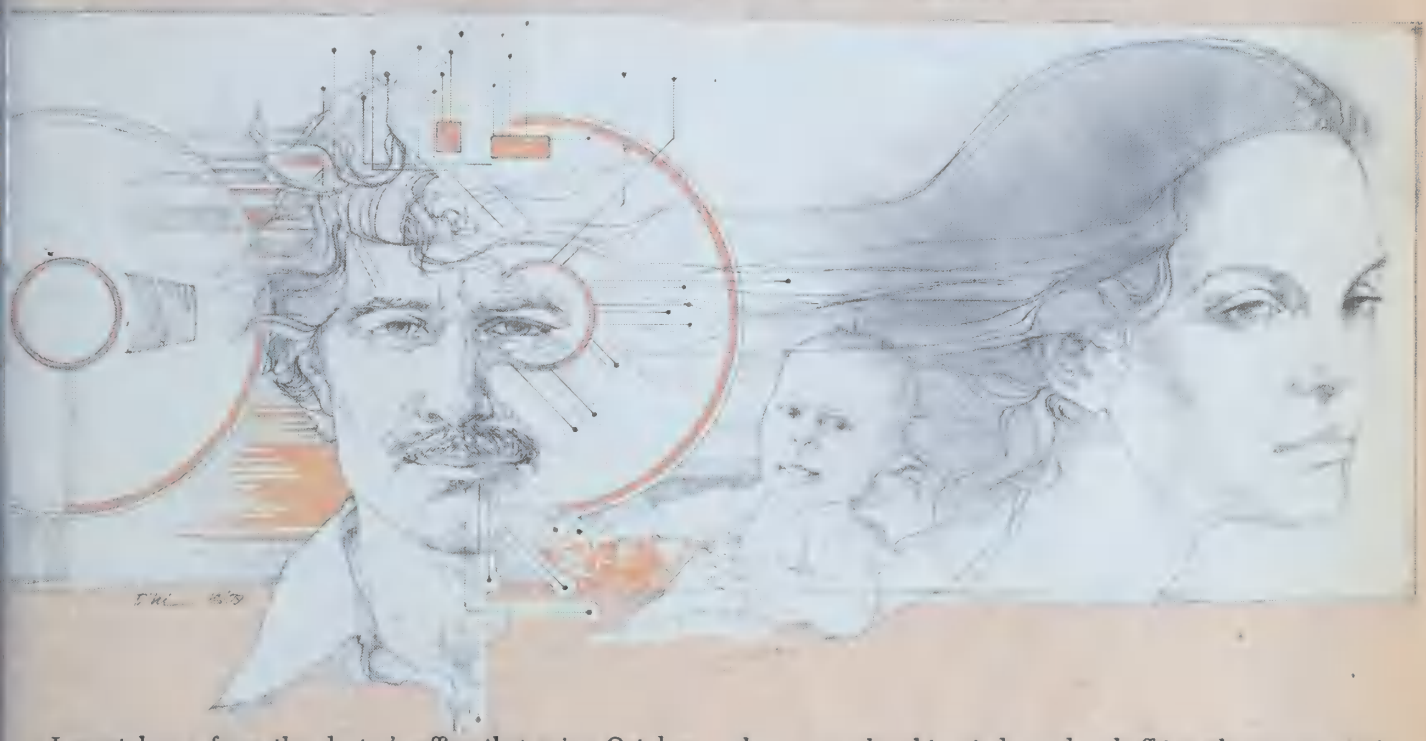
The colors in this blouse speak of castle gardens, of beautifully wrapped gifts, stories with happy endings. I like it. "Just right," I smile.

"Pretty," Ben agrees. She pats his arm.

(continued on page 173)

PROMISES TO KEEP

How can a woman fit it all into one lifetime: marriage, career and now a child? An interesting solution to today's dilemmas, by Mary Elmblad



I went home from the doctor's office that rainy October morning and found my husband waiting for me.

For some reason I do not entirely understand, I went all tremulous and blushing, like the heroine of a 1930s movie on the late show.

Shyly, I said, "I'm pregnant."

For a moment we just stood there beaming at each other, wrapped in the wonder of it. Then I had to ask him. I was almost certain that he was as happy as I was, but I needed to hear the words.

"Matt, I know we were planning to wait until—I mean, you don't think it's too soon, do you?"

"Too soon! Listen, Amy, all of a sudden this has become exactly the right time to have a baby!" He touched my arm. "Our baby."

Baby! "Pregnant" is a word, a thing. But "baby" is a person! I could almost see him, a little somebody looking like a miniature Matt, without the moustache.

But Matt had passed through wonder and into practicality. "We'll make the study into her room. The desk can go in our bedroom and the bookshelves in the living room."

"His," I said firmly. "His room."

"His. Her. Whatever." He grinned at me. "My God, Amy! We're going to have a baby!" He grabbed me and there was hugging and happy yelling and kissing, a lot of kissing. Then he pushed me down into the armchair and sat on the footstool to take both of my hands in his.

He was still grinning, but his look had changed subtly. There was something lurking behind his eyes. Something shadowed. Almost joyful.

"But isn't it a shame," he said. "Isn't it a pity that you'll have to quit law school?"

The July after I graduated from college, I married my math professor. Matt was a graduate student and we had been dating ever since he was the teaching assistant for my sophomore business math class. He was square-built, blond, with a nice thick sandy moustache and gray eyes that were inclined to glaze over when his mind wandered off into the more esoteric reaches of higher mathematics.

I was almost as tall as Matt, with dark curly hair and never without horn-rimmed glasses. And I had this burning desire to study law. I know that I had planned and worked toward law school for as long as I could remember. I had read and studied and I had taken every undergraduate course which could possibly help: Latin, literature, philosophy and even that one course in business math.

I was accepted by the university law school, and I had no intention of giving up my plans just because I was going to get married. My mother viewed this with alarm, but my father and the bank were supportive. And Matt? Well, I thought I had made him understand what law school meant to me, long before we were married. And I had warned him.

"It isn't going to be easy."

"Sure, Amy, I know. Let's get married."

"They say that the first year of law school is a killer."

"Right. Do we really have to wait till July?"

"I mean, there's no way I can be your typical housewife in a frilly apron and be a law student, too. You'll have to help, you know, with the house and the cooking and—"

"Sure, Amy, sure. Let's get married."

Maybe someone should have warned me, too. Matt was a mathematician, after all, and he thought that decisions should always be worked out logically, like algebra problems. But he did not reduce the decision to get married to numerical values. He did not even run it through the computer.

July came and we said our vows and were married.

And the first year of law school was a killer. I could have laughed—or cried—over all those preparatory courses I had taken. It was obvious that my law professors firmly intended to root out everything I had ever learned and to replace it with a whole new way of thinking.

The reading. It was never material that I could skim through, underlining passages. It was slow and slogging, phrase by phrase, word by word, comma by comma. Ten

pages an hour at best. Matt was finishing the work for his PhD that winter and spent all his days in the math department, filling the blackboard with equations and scrounging time at the computer terminal. I spent my days in the law library. But we were home in the evenings and sometimes Matt wanted a change from watching me read. There were times when he wanted to look at television. Or to see a movie. Or to go to bed with his wife.

The guilt. If I was with Matt, I felt guilty because I wasn't studying. And if I was studying, I felt guilty because I wasn't with Matt. We would go to bed and later, when I was sure he was asleep, I would get up and sneak back into the living room to study for a few more hours.

But I took the day off when he was awarded the degree of Doctor of Philosophy. The whole day.

And the apartment. The laundry and the shopping and the cooking. Matt helped me, but I was the one who planned the meals and organized the house-cleaning sessions and got the dirty clothes together. Let me tell you, when you turn the pages of a casebook with one hand and stir the spaghetti sauce with the other, neither hand does much of a job.

I don't know how, but we made it through the year. That summer Matt taught three classes and I worked as a cocktail waitress, because my father and the bank could not be expected to do it all. And I plugged away at the reading for my second year courses.

We took Labor Day weekend off. We went to a beach cottage and sailed and sunned and made marvelous, sticky, sandy love in the long, hot afternoons.

And on that rainy October morning, the doctor said that I was about six weeks along.

Slowly, slowly, I withdrew my hands from Matt's.

"What do you mean?" I said carefully. "Why would I have to quit law school?"

"It's obvious, isn't it? You almost cracked up last year, and you know it. Add a baby onto everything else and—"

"The baby isn't even due till the end of May," I said defensively. "My finals will be over by then, so the three of us will have the whole summer to get to know each other. Oh, Matt, did you hear that? The three of us!"

He did not even smile. "And in September, when you start your last year of law school? How would you get to classes? How would you find time to study?"

"Oh, we can work that out somehow! For instance, your teaching schedule leaves you with some free time. Maybe you can bring your work home and stay with the baby while I'm in class or at the law library."

"No way! I can't be a mathematician and a baby-sitter at the same time! And I'm damned if I'm going to let you turn me into some kind of house-husband. My career is too important to me!"

I just looked at him, and then I said as quietly as I could, "My career is important to me, too."

He was almost yelling. "More important than the baby? You are some kind of weird mother!"

"Me?" I screamed back. "Me! Where do you think I got this baby? From the stork? You are really a loving father!"

Matt jumped up and glared at me. "Sure, and what's all this career stuff? A second year law student? What kind of career is that?"

I stood up, too, but I did not yell at him because I had suddenly realized something about Matt, something very important. Quietly, calmly, I told him. "I see it now, Matt. I understand. You never really did want me to go to law school, did you? You never did want me to be a lawyer."

His gray eyes were tight with anger, but all he said was, "I'm going to be late for my class."

He snatched up his raincoat and stalked out of the apartment. I went to the window and watched him walk away.

I watched him go and then I spread my hands and put them on my abdomen. "Oh, baby," I whispered. "Oh, baby, I am so glad that you could not hear this."

I called my mother. "I'm pregnant."

Words came pouring out of the telephone in a great rush of joy, and I began to feel better. Then, after about five minutes of happy speculation about whether her first grandbaby would be a boy or a girl and whose nose it would inherit, she said, "But what a pity!"

"A pity?"

"Yes, what a shame that you'll have to quit law school, when you've worked so hard."

"Quit law school?"

"Of course, darling! The baby will need—your duty to Matt—"

"Mother!" I cried desperately. "Something's boiling over! I'll call you later!"

"Run, dear, run!" She did not ask what was boiling over so I did not tell her. It was me.

Tax I. Professor Hughes slammed his notes down on the table and glared at me, which was nothing new. There were two women in the class and he started every lecture by glaring at one of us. He did not hide his feelings about women studying law. Fortunately, he did not call on me that day.

After class I hurried to catch up with Claire. We had only met in Tax I, and although we had shared a few sympathetic looks at the more overt bits of Hughes' male chauvinism, we had not had time to get acquainted. I had to talk to someone who would understand what law school meant to me.

I came right out with it. "Claire, I'm pregnant."

She put her books down on a table. "Amy, that's—"

Marvelous? Dreadful? She did not finish the sentence.

"And listen, Claire, my mother—my husband—they say it's impossible, that I'll have to quit law school."

Claire all but bristled at me. "Why? I didn't!"

"You have a baby?" I felt a flutter of hope. "How do you manage it? Is your husband a lot of help?"

"My husband," she said evenly. "When my husband found out I was pregnant, he walked out on me."

"I'm sorry. I didn't—"

"He said I had to decide whether to be a normal wife and mother and stay home with the baby or to be a—I believe the term he used was 'freak'—and go on with law school. So I told him what that congresswoman said: 'The good Lord give me a mind and a uterus and I intend to use them both.'" She laughed bitterly. "At least the child support will help pay for the baby-sitter until I graduate."

"Oh, Claire!"

"It's okay. It really is. I'm not at all sure it's really possible to be married and a mother and a law student, all at the same time. And there was the ego thing with him, too. Maybe he never could have coped with the idea of my being a lawyer." She laughed again, but this time it was warm laughter and full of love. "So I'm still in law school and I have this perfectly beautiful six-month-old daughter! I just happen to have a few pictures here, if you'd care to—"

But I was watching Matt's back, as he walked away from me. "Claire, can I ask you—listen, is it worth it? Is the law worth breaking up your marriage?"

She looked down at the folder of pictures. "I don't know," she said finally. "I just don't know."

The note in my box said that I was to see Professor Hughes. What now?

He was at his desk. "Mrs. Walters, yes." He smiled at me, a grim little smile. "Mrs. Walters, you may possibly be aware of my feelings about women going into the law."

I nodded glumly.

"I see, however, that your marks on the last examination have placed you in the top ten percent of my students, and I feel that it is only fair to congratulate you."

I sat up, elated. "Thank you! You are so kind to—"

"Not at all." He doled out another smile. "Of course, as a married woman you have something of an advantage. You have a husband to support you, both financially and emo-

tionally, and therefore do not suffer the responsibilities and the pressures of the married male student."

The responsibilities. The pressures.

I pushed the words out between clenched teeth. "Professor Hughes, I am pregnant."

He brought his swivel chair upright. "I tell them! Every year I tell the admissions committee not to accept you women! You make a commitment when you accept a place in law school, a contract, as it were. And then you just go right ahead and get pregnant, making it obviously impossible for you to honor your contract, and you drop out. I try to tell them, but do they listen to me? Oh, no."

I stared at him, and the arguments in the case marched through my mind. There had to be some way. Surely I was not the first law student in history to have a baby! But it was too late to plead mitigating circumstances. The jury was in and had returned a one-word verdict: impossible.

Professor Hughes would no doubt be perversely happy about my quitting law school. It would prove that he was right about women law students. Matt would be happy. My mother would be happy.

I would not be happy.

I had made a commitment to the law school, yes, but I had made a contract with myself, too. Quitting law school would mean denying all that I had worked and planned for. It would break the promise I had made to myself. And what would my baby think of a mother who broke promises?

I stood up and set my glasses firmly on my nose. "Professor Hughes, I am not going to quit law school."

When I heard what I had said, I felt a rush of almost overwhelming happiness. Then I remembered Matt's back, moving away from me, and the happiness was gone as suddenly as it had come. Nothing was left but a dull ache.

Professor Hughes leaned back in his chair with a tight little smile on his lips, a smile without humor and without the faintest hint of encouragement. "You can try, of course, to be a housewife and a mother and to maintain your class standing, but you will soon discover that it is impossible."

I trudged home through the dusk. The apartment was empty. I turned on all the lights, but they were not bright enough to drive out the gray dusk. Six o'clock. Seven. I turned off the heat under the spaghetti sauce. Eight o'clock. Fear was seeping into my stomach like burning acid.

Eight-thirty. I heard Matt's key in the door and went weak with relief. He had come home, maybe only to shout and fight, but he had come home.

To my surprise he came bouncing into the living room in a rush and pulled me up to waltz around the room.

"Matt! What are you—why—"

He hugged me to him. "How's the little mother?"

My relief was driven out by a surge of fury. "Where on earth have you been? It's almost nine o'clock!"

He let go of me and looked at his watch. "I didn't realize how—I was waiting for the computer terminal and—"

"You could have called!"

"I know." He grinned sheepishly. "But I got so involved with flow-charting the program that I—"

"Oh, Matt." I wanted to cry. The baby. The fight. Our first big fight. And he could forget it all while he worked out some theorem. He could forget me.

"The problem is solved, Amy!" He pulled out a sheaf of computer print-outs. "I've got it all worked out!"

"What problem?" I asked, not really caring.

"The baby, of course. What else? I ran the baby through the computer." He laughed. "Not physically, of course. Just the problem of managing our life after the baby is born."

"Matt. I am not going to quit law school."

"Right! Do you think I want our baby to have a dropout for a mother?"

All the wind went out of me. "But this morning you said—"

"This morning. Yes. Sit down, Amy." I sat in the armchair, as I had that morning, and he sat on the footstool and took my hands, but this time the only thing in his eyes was sadness. "Amy, I was awful this morning. And what you said was true. I never really wanted you to be a lawyer."

"Matt!" I tried to pull my hands away, but I couldn't.

"Wait, hear me out. Subconsciously, I guess, I wanted you to be my wife and nothing more. The whole frilly apron thing. I thought about that today, Amy. And I remembered that I made some promises when we were married. I promised to love you, of course, but I promised to honor you, too. To respect you. Oh, Amy! If I truly wanted the frilly apron type, I would never have married you! I wanted—I want you, with your brains and your ambition, yes, and even your stubborn determination!"

"Oh, Matt." My glasses were misting up.

"Maybe it was the same with you. If you wanted a man who would be home at five on the dot and who would always be sensitive to your needs, you wouldn't have married a guy who is all tied up in numbers and computers. Computers!" He jerked a wad of print-outs from his raincoat pocket. "Take a look at these, will you? The computer says that this baby thing is going to work!"

"I'm so glad." I could not resist the sarcasm. "Especially since everyone has been so careful to explain that to be a housewife and a mother and a law student is impossible."

"That's right. Absolutely impossible. I've worked it all out." But he was grinning at me. "Impossible, totally and completely! But listen, it is possible for you to be a mother and a law student and even to have some time left over to help me."

I was completely confused. "Help you what?"

"With the house, of course! The first thing that showed up in my calculations was the fact that we're going to have to reshuffle our responsibilities. Now, you'll have to take responsibility for law school, of course, and for the baby, too. I mean, you'll have to plan what it needs, when it's supposed to eat and all that. But I'll help you with the diapering and cuddling and—well, with whatever you do with babies. And you will help me, too. I'll be in charge of earning our living until you graduate, and of running the house. I'll handle the meal-planning, schedule the cleaning and the washing and so forth." He grinned at me. "You can close your mouth now, dear."

I had not even realized that my jaw had dropped. I closed my mouth with a snap and then I opened it again. "But Matt, you said you would never be a house-husband."

He smiled at me, a smile so big that it seemed to light his face from within. "I won't be a house-husband, Amy. I will be a man who loves and supports his wife just as she loves and supports him. And I will be a father."

That was last night. I did not read one page of law.

Today is Saturday, but Matt has gone to the math department. He is going to program the computer with recipes, budget limitations, likes and dislikes, and the basic nutritional needs of an adult male and an expectant female. And the print-outs will be our grocery lists. Right.

I don't care what the computer tells us to eat. What concerns me is how it tells us to live. What does a computer know? All it can do is rearrange the information that a human being feeds into it. The output can never be of any better quality than the input.

But it was Matt who wrote the program, and I think I know what he fed into that machine. His love for me and for this baby we have made, together. His respect for me as an individual. Most important of all, the fact that he himself is a strong man and therefore can be a flexible one.

What we plan to do is impossible. Everyone says so. But this time, everyone has got to be wrong. We are going to make it work. We must. Because if we are not true to our own selves we can never hope to be true to each other and to our child. We have promises to keep. **End**

SOMEONE'S IN THE KITCHEN



Bill was looking for the kind of woman who made him feel comfortable. Had he found her? A story about food and modern romance, by Helen Pastore.

Bill Fredericks didn't exactly know why that knot in the pit of his stomach was tied extra-tight today. Then he checked the calendar and found it was the three-month anniversary of his divorce. Perversely, he thought of calling Kate to remind her. But she was in Houston, at her law office.

"Say," said Roy, the copywriter in the next cubicle the ad agency laughingly referred to as an office. "Want to go pub crawling tonight? Or try that new disco joint on Third?"

"No thanks," said Bill. "I think I'll finish up here and go home."

He had the new ad campaign to work on, and a pair of huge artichokes in the refrigerator, along with a nice tournedo the butcher had trimmed for him.

Actually, now that the shock of Kate's leaving was over, he didn't mind going back to the apartment. They had bought it furnished, and the couple who had owned it had great flair and taste, turning the three and a half rooms into an ambiance of warm color, making it almost worth the astronomical price Bill and Kate had to pay for it two years ago, when they'd been married.

Especially the kitchen. "What a kitchen!" guests would exclaim upon seeing the array of equipment and gadgets, the hanging baskets and copper utensils. The departing couple had sold it all outright, preferring only to take their food processor and their favorite omelet pan, and saying they'd use the advance on the husband's screen contract to furnish a whole new kitchen when they arrived in Beverly Hills.

The kitchen, in its own way, had been the spark that started the divorce flame.

"Let's face it, Bill, I just don't like to cook," Kate had told him once when he growled at the absence of basics such as milk and eggs in the refrigerator. "I think food's okay, but not that important. I never have made a thing of it."

It was true. Kate was lathe-thin, and from the moment Bill met her at a party, she was on a diet. She never drank anything stronger than white wine or bottled water; shrimp and lettuce were her favorites even at elegant restaurants.

"Food is a congenital habit," she'd said once at breakfast, watching him scramble eggs with crisp bacon and warm croissants from the corner bakery. "I guess it's because I had no mother, and Dad and I lived mostly in hotels. My idea of heaven is room service and no dishes to wash. Whereas, *your mother* . . ."

Kate was correct. Bill's mother believed that food was an expression of a love of life and people. At home in their big house, his mother's days centered around mealtimes. Breakfasts were none of your hurried jobs, but highlighted with homemade muffins, griddle cakes, sizzling sausages. School lunches were packed with love and devotion: A chewy brownie or a containerized potato salad or some other surprise was always between the sandwiches. His father, a strict meat-and-potatoes man, half-joked about her efforts, especially when she wandered afield into new recipes, but he grew to understand a gourmet dish when he saw one and eventually admitted that wine did not necessarily destroy the flavor of meat or chicken. His mother's parties were famous; groaning boards of hospitality, and she gave them for practically any occasion.

Kate had found this remarkable.

"It's as if she only wanted to be known for her cooking," she had analyzed. "Couldn't she see that she was putting herself down?"

"No, she couldn't," he had replied angrily. "I really hate the way you and all your friends look down on women who don't have jobs and careers and find pleasure in their families. Just because you're not good in the kitchen . . ."

"But I am okay in the bedroom?" Kate added questioningly. "Or is that a rotten question?"

"No," he said, "it is not a rotten question. And you are."

And, as with most of their arguments, they had ceased hostilities by proving the point. Except that when they got up he was hungry. And they sent out for Chinese food in cardboard containers and he ended up reheating it.

It was fights like these, and others that emphasized their difference in values. Perhaps they had married too early. Perhaps he wasn't ready for someone as independent, as casual as Kate. Perhaps he was meant for another time, another place. Or perhaps, as Kate had said in her last explosion, just before she left for the job in Houston "on a temporary separation basis," "You're just a patriarchal sexist, looking for a kind of marriage that doesn't exist."

Now he seemed to have gotten into the nights-at-home-alone routine, like this one. He prepared the artichoke for boiling, trimming off its claws. Kate used to compare him to an artichoke. "You hide your heart deep inside, and you sure make it hard to get at."

Why had they turned so against each other? They had something so radiant to begin with, and it all broke down into nagging disappointments. She said he resented her raise and promotion. He said she didn't give a damn about him. She said he was compulsive about the house. He said she was unfeminine not to want to do more with it.

Now she was gone. No stigma, no flurry, even from his relatives. Marriages were like that nowadays. Divorce was routine. Here he was, according to an actress friend, "a cross between Pacino and Chevy Chase," on his way to being a workaholic recluse.

This was ridiculous. Suddenly, he remembered his mother.

"When you're feeling lonely, give a party," his mother had always said.

Perhaps he would. The house could take at least 30 people, and he'd invite people from the office, a couple of his classmates from college who were around town, the young couple upstairs who had befriended him the week Kate walked out, a squash partner who had wanted to introduce him to girls (he'd suggest that he bring two or three) and maybe even the actress, for window dressing and to introduce to his squash partner. He started making a list, and it was up to 30 before he knew it. While he waited for espresso coffee to drip, he rummaged in his magazine rack for the article on New York caterers. Maybe he could find one who'd be inexpensive, to do hors d'oeuvres and a simple casserole or two, with good coffee and Italian pastry. He'd handle the drinks himself. It had been a long time. Kate had only given one big party during their marriage, and it had been in a restaurant.

He scouted down the list of caterers. He wanted something modest, not one of the big companies that did office parties or the "consultants" who charged fortunes for some sliced vegetables and a dip. He thought of doing it all himself until he saw the small mention: "Aunt Lulu's Party Preparation: specializing in small, informal parties. Country pâté, beer-batter fried shrimp, other hors d'oeuvres. Chili, chicken with tarragon and open apple cake are other strong points. Tel. 555-6160." It was the open apple cake that did it. Despite the fact that it was now after 8 P.M., he dialed the number.

A woman answered.

"Aunt Lulu?" he asked.

"Yes, this is the catering service," said the voice, in a rich, warm, no-nonsense voice.

"My name is Bill Fredericks," he said, and gave his address. "I would like to give a party."

"Well, isn't that nice, Mr. Fredericks!"

He could practically see the checked apron, the full cheeks, the hair pulled back the way his own Aunt Isabel used to wear it. A comfortable woman.

"What kind of party did you want to give?" asked the soothing voice on the other end of the phone. Educated, but down-home. Nice.

He explained. Cocktails and possibly a late buffet. Nothing expensive; but gracious.

The voice suggested chili, a salad, perhaps a pasta dish. For hors d'oeuvres, beer-fried shrimp, and crudités with a dip for the dieters. Perhaps a country pâté. Dessert? Would he be interested in Aunt Lulu's famous apple cake?

He didn't tell her. His mother had always been proud of her quintessential apple cake. Yes, he would be interested.

There was discussion about time, extra help and whether he wished the food brought in or made on the premises.

"It costs extra if I come," she said.

"But I have a wonderful kitchen," he said. "You'll enjoy working in it." Already, he could see the efficient, portly figure moving around, rattling pots, filling the house with the happy sounds of homemaking.

"We'll send Ralph around this weekend to get the signed order and look at your kitchen," said Aunt Lulu.

"And when will I meet you?" asked Bill, almost wistfully.

"The night of the party," said the voice.

Ralph arrived that weekend, a supple young man with deft wrists designed for flipping crêpe pans. He practically swooned over the kitchen.

"Wait till my boss sees this," he said. "It will be her idea of sheer *bliss*. *Bliss*."

"What's your boss like? She sounds very pleasant on the phone. Is she really someone's Aunt Lulu?"

Ralph looked at him peculiarly.

"Where did you get her name?" he asked. "Out of the phone book?"

"No," said Bill. "Out of a magazine article. She reminded me of my own Aunt Isabel."

Ralph again appraised him.

"You'll like her," he said. "Your type usually does. But she's not what she seems."

Finally the afternoon of the party arrived. He'd ordered some flowers, the way Kate always did, and somehow the thought of her was more painful than usual.

Then the doorbell rang. A little girl stood in the doorway, wearing a red, quilted jacket, jeans and a furry hat. First, he thought it was a child, then he realized she was at least in her twenties, with a pixie face and sherry-brown eyes.

"Mr. Fredericks?" she said. "I'm Aunt Lulu."

"I don't believe it," he answered. "But come in."

She laughed.

"Ralph warned me you had a different picture," she said. "But you'll get used to me."

He helped her off with her jacket. So much for capacious comfort, he thought.

"Wow," she said, as she went into the kitchen. "This *is* something! Isn't there a wife to go with this layout?"

"No," he said. "Used to be. Not now."

"Wow," she repeated. "What knives! What skillets! What a great center island! Are you divorced?"

"Yes," he said. "Six months. We were married two years."

"Didn't give it much of a chance, did you?" she asked, bending over to inspect his baking utensils on a lower shelf.

"Now you do sound like Aunt Lulu," he chided, observing the good fit of her jeans. "Are *you* married?"

She stood up and outstretched her hand.

"I'm Pat," she said. "For Patricia. Patricia Luella, named for my Aunt Lulu. And I'm not married. Not even close."

"Hi." He shook her hand solemnly. It was small, warm and friendly. "How did you happen to name the service the way you did?"

"Well," she said, "I was a remedial reading teacher and I decided to do some heavy moonlighting in catering. I guessed that cozy was in. Later, I'll slip into my big apron and chef's hat. Ralph is bringing them in the station wagon with the food."

She started to inventory the kitchen's utensils.

"Wow," she said. "Did your ex-wife buy all this stuff?"

"No," he said. "She didn't even come in here much. Her career was more important."

"Hey," said Pat, waving a spatula at him. "None of that! I thought you were the kind of guy who cries at movies and supports the ERA."

"I am," he said. "And it really wasn't that simple." Suddenly he found himself telling her all about Kate. Not making it all Kate's fault either. Admitting his own hang-ups, his own regret, his sense of failure, his loneliness.

She nodded thoughtfully.

"I've been there more or less myself," she said. "I'm tired of relationships that don't work, and men who think every woman is a playground, and strung-out kids who are the result of bitter marriages, and some of my friends who think I'm strange because I'd rather cook for parties than go to them."

"Is your business very successful?"

"Very," she said, with pride. "But I like to ski and I don't get away very much. And I want to go to Greece, but I can't plan on that either. Somebody wants to buy me out and start a franchise operation of Aunt Lulu caterers, but I don't think I want that either."

"Why?" he said. "It sounds great." (I could write an ad campaign, he thought. And we could go to Greece together.)

"Because," she said, "I love my job, and doing apple cake the way *I* want it. See, I'm like Kate after all."

"You're not," he said. What *was* the difference? Somehow, it was easiness. He wanted to hold her and hug her small, well-curved body, but that seemed only part of it. She was independent, and energetic, but she wasn't using it as a weapon.

The doorbell rang. It was Ralph, carrying the first installment of provisions.

"Hi," he said, regarding Bill with a piercing look. "Disappointed in Aunt Lulu?"

"Not in the least. What's all this about she's not what she seems? Does she turn into a pumpkin at midnight?"

"No," said Ralph. "She goes home at midnight. Every time we do a singles party, someone gets the wrong idea."

Pat stuck her head out of the kitchen doorway.

"Ralph is my bodyguard and chaperon," she explained. "Leave him alone, Ralph. He's okay." He didn't know exactly how to take this, but the tone of her voice made him tingle.

"Here, taste the pâté," said Pat.

"Mmmm," he mumbled, between bites. It was excellent country pâté.

"You have a high school picture from Winnetka in the back bedroom," said Pat. "Is that where you're from?"

"That's right. What about you?"

"Minneapolis. Wouldn't you know that two midwesterners would get together on a business deal?"

"Is that all this is . . . a business deal?" There was a patch of flour on her nose, and he had an almost irresistible desire to kiss it off.

"That's right," she said. And zipped into the kitchen.

At that point, some of the guests started to arrive. Ralph had set up a bar in the living room, and in a few minutes there was a pleasant hubbub of small talk and introductions.

The actress appeared, dramatic in a Victorian costume left over from her last show, but with its front extensively remodeled in non-Victorian terms.

"Oh, Bill," she muttered as he kissed her hello. "I've missed you so."

"Won't you have some of these?" said a voice breaking in. Pat was offering beer-batter shrimp. In a whisper, Bill heard her say :

"I'll bet she never gets into the kitchen, either."

He turned around and grinned at Pat. He put his arm around the actress.

"This is Alyse," he said. "And as a matter of fact, she makes wonderful scrambled eggs."

"Why did you say that?" asked the actress, as Pat moved away quickly. "You know *you* always make breakfast."

He looked for an excuse to go back into the kitchen. "I think we need more crackers for the pâté," he said, coming in to find the tiny, chef-hatted figure spooning chili into a second serving dish. He sat down on the stool beside her.

"You're in the way," she said. "Get back to your guests."

"I don't want to get back to my guests. I want to talk to you."

"This party's costing you several hundred dollars. You might as well make the most of it."

"I am," he said.

What was it that suddenly made one girl so special and all the others fade out, at least for him? Was it, as Kate always insisted, a leftover childhood image of things as they were, a girl who was just like the girl who married dear old Dad? Was it physical, the way it had always been with Alyse, who had not even awakened one nerve-ending tonight? Was it sympatico, the fleeting dream of compatibility, understanding, companionship? Or was it the sudden, unexplainable magnetism of personality that made him wish that everybody would go home and just leave him here in the kitchen to be alone with this slip of a female whom he had hired from a magazine listing?

"Out. Out," said Pat. "You're distracting me." Their eyes met and he knew the moment was not lost on her, either.

"Good," he said.

"I don't want to be distracted. I have a job to do. And I don't get involved these days."

"Hey, Bill," said Roy from the doorway. "You've got some more guests. Get out of the kitchen!"

He went back to his party. He could not really remember Kate in this house anymore. The disco music was playing in the background, the shadows in the corners were now interesting, not threatening. And the knot in his stomach that seemed six months old was at long, long last unwinding.

And he knew the reason.

Fantasy though it might be, it was the girl in the kitchen. And recalling that he had given the party on half-forgotten advice from his mother, he smiled. Had Mom, somewhere out there, known about Aunt Lulu? He wouldn't put it past her, even though he really didn't believe in such things.

"You can serve dinner now," said Pat. The table looked great. The candles flickered over a beautiful spread, and Ralph stood at one end ready to fill people's plates.

He remained the good host. He saw that everyone was served, he made small talk with people, he made sure Roy was taking Alyse home. But his attention was always shared with watching Pat: refilling casseroles, tossing the salad, replenishing the garlic bread. Finally, it was coffee time, and she brought out the apple cake. He was startled.

It wasn't at all the open apple cake his mother made! It didn't even look like it. Mom's was a simple kuchen: slices of apples with sugar and cinnamon on top of a plain yeast dough. This was off a French pastry tray, a sophisticated apple tart, served with dollops of orange liqueur-flavored whipped cream.

"You don't like it?" asked Pat, seeing his face.

"Of course I do," he said. "I mean, I will, when I taste it. It just isn't . . ."

"It's my own recipe," she said.

He took a slice.

It wasn't what he remembered. But it was great. For apple cake. With a sudden rush of honesty, he also realized that he had never been that hung up on apple cake to begin with. Illusions, memories, he said to himself, how we let them push us around, and obscure the truths about ourselves and our needs.

"Do you *really* like it?" asked Pat anxiously. By now they were making an interesting tableau, and several people around the room were watching them amusedly.

"Yes, I do," he said. "But it wouldn't matter if I didn't. The next time around, it's going to be different."

"The next time around?" She looked at him hesitantly.

"That's right. I don't care what your friend Ralph says, and I don't care if you don't want to get involved. Two people *can* work out two careers if they try, and maybe you've got to go home after the party tonight, but I'm going to call you and you're coming back here and we're going to get to know each other better."

"Wow," Pat said.

"May I have a piece of that cake?" asked the beautiful actress. Pat smiled and cut her a slice.

"So?" said Bill. "So?"

"It will be terribly late. You know these people won't leave until after midnight, and Ralph and I won't be out of here until two."

"That's okay," said Bill. "I've got nothing but time in my life."

"And one more thing," she said, her eyes crinkling with a mixture of tenderness and mischief.

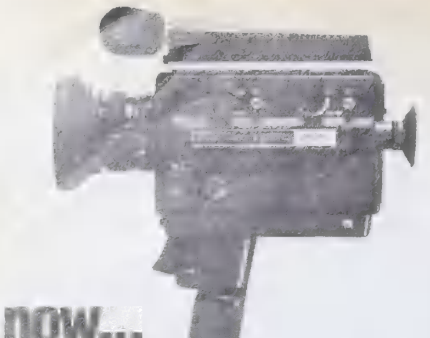
"What?"

"*I* make the eggs."

"That's sexist," he laughed, and he thought of a kitchen and a home that could finally have a couple to share it, to really live in it, according to their own rules, and with comfort and love.

Thanks, Mom, he said. And then decided to put that fantasy away permanently, too. Thanks, Aunt Lulu. **End**


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don't bring out
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Cascade look...
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How to Live with the "Other Man" Fantasy

continued from page 46

a year-long affair. Carol had been faithful to her husband, Larry, for 13 years when she met Jason. "Our marriage was in a slump," she explains. "We hadn't made love in a couple of months. I felt unattractive, unloved. Then this good-looking twenty-seven year old at work asked me to join him for a drink and one day he took me to his apartment. I never meant it to be serious, and I certainly never wanted to end my marriage. I actually thought the affair might save it, by helping me through a rough period."

Carol isn't alone in her desire for both sexual variety and emotional constancy. A casual arrangement, in which a man and a woman meet once in awhile for just a night might well be many people's fantasy. But it usually doesn't work. Few women can separate physical and emotional involvement; every woman I know says she couldn't fully enjoy sex with a man she didn't know and care for, and see with some frequency. The moment you add those requirements to an affair, it's no longer simple.

"With Jason," Carol concludes, "I started acting like a wife. Worrying about him when he came down with the flu—that sort of thing. I decided that one man to worry over is enough. And if I'm going to be somebody's wife, I still want to be my husband's. I never told Larry what happened and I know this secret may affect our marriage. But to throw all our years away because of twelve bad months—that would have been a real waste."

"I keep thinking I want mystery," says Marcella, who has had several extramarital affairs. "But every time I get involved with someone, right away I want to know all about him, and I start telling him all about me." Marcella's constant longing for a new man may stem from the fact that the man she's married to, and the men she gets volved with, can't give her enough. a woman in an unhappy marriage, dozen men might not be sufficient make her feel truly loved. To a wom in a fundamentally solid marriage, th may still be moments when it is stranger or a movie star, rather than h husband, that she dreams about. But s can satisfy her restlessness by worki to make things better with her husba There are times, in almost everybod life, when the same one man, or o woman, is not enough. If you can cept these times, they'll no longer f like reasons to get yourself a divorce, a lover.

I don't want, for my husband and m a marriage where we stay faithful o so long as nobody else ever makes eit of our hearts skip a beat. I don't belie in total freedom. I do believe in t bonds of marriage as something that, occasion, hold you back. Some of t most securely married people I kn have said that there were times in th lives when "the only reason we stay together was because we were marrie

Absolutes dangerous

On the other hand, absolutes in re tionships seem dangerous. Stateme like, "I will never look at another ma "I will never have an affair," are not much signs of true devotion to on partner as they are evidence of bli faith. I wouldn't want my husband vow, today, that no matter what, he w always love and stay faithful to me hope he always loves me and rema true because I earn his love and fideli not because he mustn't break a promi

If there were a law in the land t marriage licenses had to be renew daily, few of us could be expected always choose the same partner. Th will be many days when I find mys eating breakfast with this man cal my husband only because we live in same house. There will always be d when I might prefer eating breakf with Burt Reynolds. If there were many of those days, I might begin question the wisdom of our marria As it is, my husband is the man I'd tively choose to be with the majority the time—often enough for me to b with him when I don't feel especi enthusiastic.

There *are* times when I find my h band lacking, when I wish he shared interest in folk dancing and shopp malls. But those things aren't wha value most and, if necessary, I can f a friend to do them with. Above al keep in mind that I am only one wom If I had to divide myself equally tween two men, I would have two sl low relationships, built on dishones instead of one good one that we're b working to make better. E

HALF PAST SUMMER

By Marianne Andrea

If ever there is time of color,
A pasture rose, white, scented clover,
Maturing seed to melting-yellow grain,
It's now—in half-past summer.
The lily like an orange nest
Compels the dragonfly to rest
Its wings carved out of night;
Silver fills and moves across the sea,
The owl and moon settle on a tree:
All through the season's afternoon
Times moves in gentle arcs of private clocks,
Its hands exactly on the midpoint of the year.

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Donald R. Zimmerman

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period."

Carol isn't a
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BLOAT SYMPTOMS BEATEN. Taking water pills, or *diuretics*, is probably the worst way to relieve *ideopathic edema*—the water retention women sometimes experience even though they're neither menstruating nor ill. A group of London internists explain in the *Lancet* that these pills—intended to reduce bloating—in fact perpetuate, perhaps even cause this complaint.

In a recent experiment, the British doctors kept ten habitual users of diuretics in a closed hospital ward, then watched the women's figures and weights. When denied the drug, the women at first became puffy and heavier.

After three weeks without diuretics, however, all the women returned to normal weight: Their bodies had readjusted to proper functioning. Seven of the ten women needed no further treatment. Brief, low-sodium diets rid two others of their excess water-weight. The last patient—who could control neither her salt nor her food intake—still has occasional bloating bouts, due to erratic dieting, a secondary cause of edema. "Our findings," the British doctors conclude, "suggest that diuretics not only make the symptoms worse, but also perpetuate the bloating."

PROGRESS AGAINST PAIN. Doctors have long relieved severe, persistent pain by stimulating sufferers with imperceptible amounts of electricity—in experiments, surgeons have actually set miniature electrodes into the brains of afflicted women and men. Now, one University of California neurosurgeon, Yoshio Hosobuchi, M.D., of San Francisco (who reports obtaining "exceptionally good results" in 18 of 22 patients he treated this way), finds that pain relief thus administered can endure for many hours. What's more, he and other researchers are beginning to understand why.

The electricity, Dr. Hosobuchi explains, stimulates the brain to release an increased amount of *beta-endorphin*—a natural, pain-killing substance our bodies can synthesize. Because this chemical remains active for many hours, a few 15-minute stimulation periods daily can provide ongoing relief from even the severe pain of terminal cancer.

The treatment involves some initial surgery; afterwards, people suffering from dreadful pain can treat themselves by holding a pocket-sized radio transmitter against their chest. This device activates a receiver implanted in the chest wall, which in turn sends electricity to the brain via thin wires surgically embedded in the body. The endorphin released in this way creates "a pleasant feeling of relief," one patient explains. What's more, it doesn't cause the drowsiness that morphine and other pain-killing drugs induce.

The endorphin-releasing electrodes are one of the several new methods being used to quell intractable pain. Other approaches, and the special pain clinics that provide them, are explored by psychiatrist Nelson Hendler, M.D., in his new book *Coping with Chronic Pain* (Clarkson N. Potter).

A NUMBER TO CALL. If a surgeon recommends elective, or non-emergency surgery, you should have another doctor confirm the operation's necessity. Obtaining a second opinion, however, introduces an embarrassing problem: asking one surgeon for the name of a colleague who can judge his proposal to operate. Furthermore, since both surgeons know each other, the second one may feel uneasy about contradicting the first. Now, a toll-free number can help provide you with the information you need.

To get the name of another doctor call 800-325-6400 (in Missouri, 800-342-6600). The operator there will give you a second number to dial. The person who answers this second call will give you the name of a qualified surgeon near you. The additional consultation will cost about $50, but Medicare, Medicaid or a private health insurance company may pay for all or part of this fee.

This call-in service, paid for by the federal government, is expected to halt a lot of surgery—it was recently estimated that 17 percent of elective operations (two million a year!) performed in the U.S. are, in fact, unnecessary. **End**

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What this headache needs is 100% pure pain reliever. And that's Bayer Aspirin. Bayer Aspirin is not 80%...not 90%...it's 100% pure pain reliever. Bayer adds nothing because – even for a big headache – you don't need anything else. And rest assured, Bayer Aspirin has relieved millions of headaches with no stomach upset.





All you need is Bayer Aspirin.
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Read and follow label directions.



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A lot of women are changing their contraceptive method, and with good reason. Contraceptives are supposed to promote confidence, but for many women they do anything but. Birth control pills and IUD's are forever surprising women with unpleasant side effects and intrauterine problems...that's why today's women are looking for alternatives.

Compared to the pill and IUD's, Koromex® contraceptive Jellies, Cream and Foam are like a calm after the storm. Koromex products offer some of the most effective barrier contraceptives known, and when Koromex spermicidal lubricants are used with vaginal diaphragms, women benefit from one of the safest methods of contraception accepted by the medical community.

Holland-Rantos has over fifty years of experience in female contraception. Ask your physician or pharmacist about us, you'll feel a lot more comfortable with Koromex.



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It's Not Easy

continued from page 24

money he brings home is *his* money. We're always open with each other about our finances, discussing everything as it comes up. Larry never gives me a hard time about something I want to buy. And he keeps quiet when I make mistakes—like the time I bought an expensive dress for a party, then never wore it again.

Things certainly aren't perfect. Sometimes I get bored or anxious for no reason and I end up yelling at Larry and the kids. In one way, this past year has been very rough. My father died last year and I still can't think about him without crying. Losing Dad has made me worry that some day I'll lose Larry too. I can't help wondering what would become of me.

There are times when I think I'm too dependent on Larry. Probably I do rely on him more than working women do on their husbands. Mostly, though, my life feels well balanced and my days are busy and full.

I *know* I have a good life. Then why do I sound—and often feel—so apologetic? I think my feelings started when my friend Kate went back to school, then got a full-time job. When Kate started working, it seemed we no longer had anything in common. She never wanted to talk. If I did manage to catch her, all she'd talk about was people I didn't know and her "wonderful" job.

Kate claimed to be doing *(continued*

WORRY STONE

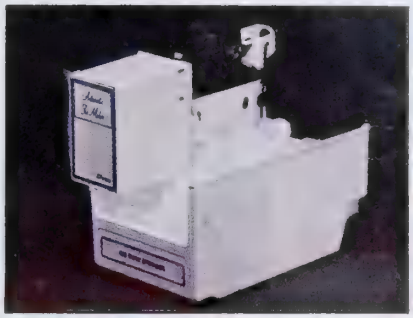
By Alma Gottlieb

My stone, we are beginning to know one another
We are beginning to feel one another
My stone I will rub my wounds into you
And you will heal them
My stone I will rub my sorrows into you
And you will soften them
I am beginning to recognize your ridges and plateaus
You are starting to bend to my touch
My stone I will weep my tears into your planes
And you will soak them
My stone I will heave my sighs into your rivers
And you will cache them
I can feel your hills now
I can follow your faults now
I can listen to your breathing
My stone I will rub my joys into you
And you will know them
My stone I will press my laughter into you
And you will take it
My stone I will rub my calms into you
And you will share them

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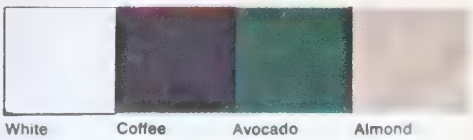
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Katherine Popp, Cin., Ohio

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Coffee, Tea & a New Me is so effective that its ingredient, in medical studies with hundreds of patients, has been proven to help 9 out of every 10 patients lose weight successfully.



*Safe taken as directed up to four times a day.

A medical scientific advisory panel to the United States Government has declared the ingredient in Coffee, Tea & a New Me safe and effective for appetite control and weight loss.

It's Not Easy

continued

well, managing her home (she has two kids and a husband who's never had his hands in dishwater) and her job. To me she seemed overwhelmed and harassed. When she wasn't talking about her job, she was talking about how tired she was. I wouldn't have minded any of this so much if it hadn't been for the feeling that she was judging me. She began to treat me as if I were "just a housewife," a person who, according to her new values, was not important or interesting.

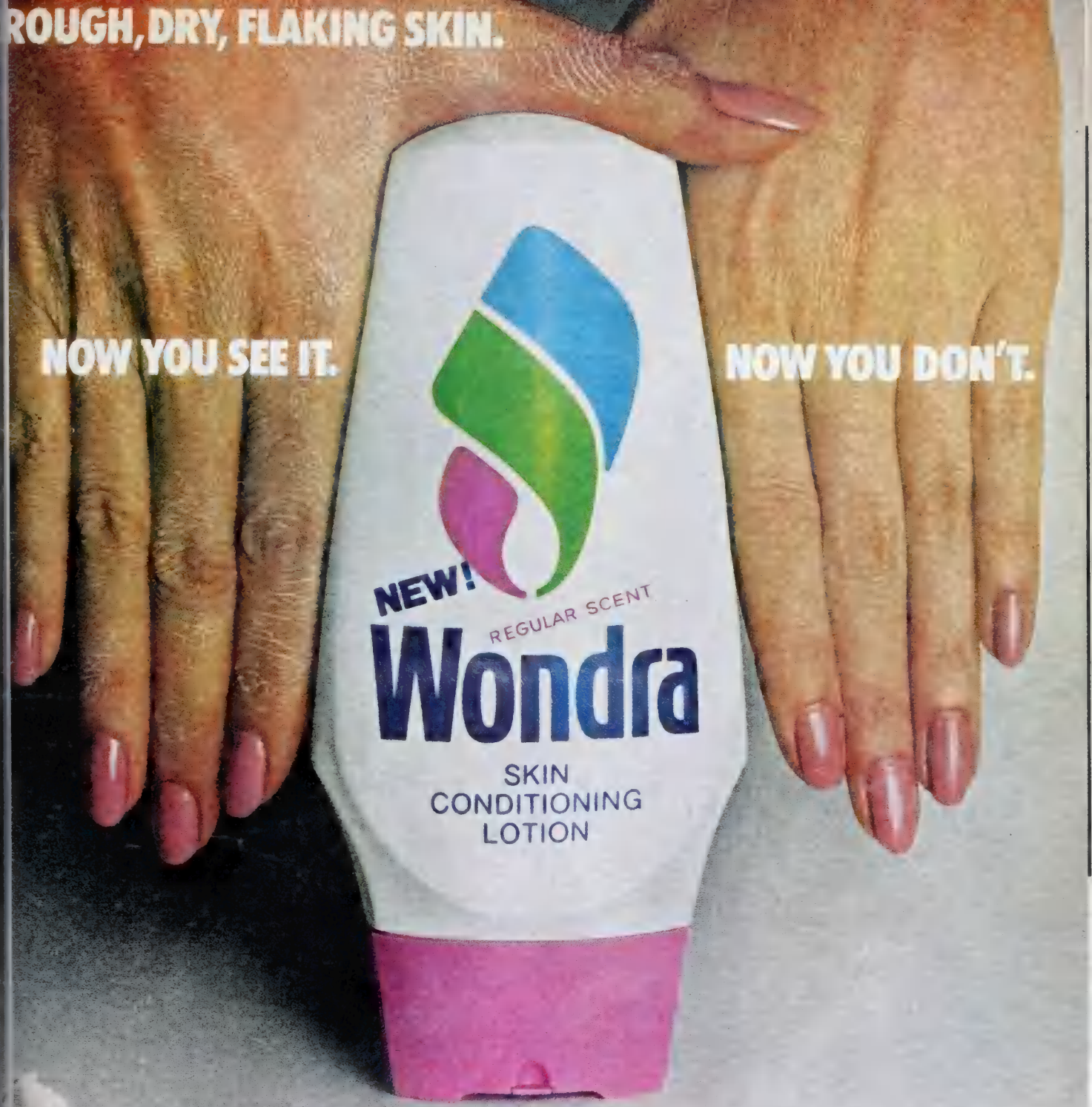
That attitude is so unfair! My days may not have the breakneck speed and pressure that Kate's do, but I work very hard. Though my children don't have a mother who will ever run a corporation, they do have a mother who had time to coach the third-grade soccer team—leading them to victory, I might add—and one who found the ways and means of transporting 27 Girl Scouts to the ballet. My children have a mother who's always on hand to listen, to help with homework, to make them feel loved. And when my husband comes home, he always finds the relaxed, warm environment he needs. My job is taking care of my family and I'm good at it. I do my share, even though I don't collect a paycheck every week.

And just because I don't travel to an office every day doesn't mean that I've let myself go intellectually. I find that I've kept up with the latest books and magazines better than my working friends have. I'm quite capable of carrying on a perfectly intelligent, adult conversation.

Frankly, I'm angry—angry at Kate for ever thinking she's interesting because she works and I'm not *(continued)*



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You scrub. Wax. Do a hard day's work every day. nd your hands get rougher, drier, flakier by the minute. ou'd give anything to see them grow soft and smooth gain. And with amazing new Wondra, it happens—ght before your eyes.

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The most flavor you can get in a low tar cigarette!

Only 12 mg. tar
1.0 mg. nic.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

12 mg. "tar", 1.0 mg. nicotine av. per cigarette by FTC method.

It's Not Easy

continued

nteresting because I don't. And I'm ngry at all the people who look bored r incredulous once they learn that I'm . . . just a housewife."

I went to my reunion after all, and I'm glad. There were the ". . . and what are ou doing?" questions that I'd dreaded nd I never did find the perfect answer. 'I'm a free-lance person" got me in trou- le the first time around, so I settled for, 'I'm working at home." If people asked vhat that meant, I told them.

What matters most, though, is that I efused to lose my confidence. I do have omething to say—about myself, about eing a woman, about the world I live n. As my former classmates and I talked, realized that we have something very asic in common no matter what our in- lividual lives are like. All of us are wom- n living in a very different world from he one in which we grew up. And to eal with this new world we all need to eel good about ourselves.

A few days after the reunion, I called Kate and we made a lunch date. I drove lowntown and we met at a small restau- ant near her office. We laughed and alked just like we used to. After our unch, Kate went back to her desk; I eaded home to my afternoon's work. As ve parted, Kate admitted for the first ime that she envies me a bit—she doesn't ave time any more for a lot of the things he would love to do for herself and her amily. And I had to admit that I envy er a little bit, too—her job *does* sound xciting.

I realize now why our friendship is back on the track again. We've both ome to see that her way is right for her, ny way is right for me. And we've come o respect one another's choice. Isn't hat, after all, what really counts? **End**

We'd like to know how you, as a woman, are facing your own life and problems. We'll pay $250 for each manuscript accepted for publication in our "It's Not Easy to Be a Woman Today" column. Tell us how you are resolving a specific situation, large or small, that represents the changing times in which women live today. Manuscripts should be about 1,000 words, typed if possible, and should be accompanied by a stamped, self-addressed envelope. Please send all entries to: Box INE, *Ladies' Home Journal*, 641 Lexington Ave., New York, N.Y. 10022. Be sure to keep a copy of your manuscript. We cannot be responsible for lost or damaged manuscripts, but we will make every effort to see that your manuscript is returned to you.



COOL CROCHETS

continued from page 99

All pictured on pages 98–99

Note: All items are made in DMC Perle Cotton #3, 2 oz total weight per 12 skein box. To compensate for individual differences in tension, amounts are given in boxes and half boxes with approximate number of skeins. Crochet hook size G, or size to give gauge for both.

PASTEL SHAWL

MATERIALS: A: #504 Dusty Green, 1 box, 10-12 skeins; **B** Ecru, 1 box, 12 skeins; **C** #951 Peach, 1 box, 8-10 skeins; **D** #945 Dusty Peach, 1 box, 12 skeins; **E** #754 Dusty Rose, 1½ boxes, 18-20 skeins.

BRIGHT SHAWL

A #973 Yellow, 1 box, 10-12 skeins; **B** #740 Orange, 1 box, 10-12 skeins; **C** #601 Rose, ½ box, 6-8 skeins; **D** #552 Purple, 1 box, 10-12 skeins; **E** #943 Jade, 1½ boxes, 18-20 skeins.

GAUGE: 1 Blocked square measures approx 9" x 9".

The same pattern is used for both shawls. See NOTE in directions for differences in color changes.

FIRST BASIC SQUARE: With A, ch 9, join with sl st in first ch, *ch 9, sl st in same ch. Rep from * once. In each of these 3 rings, work 1 sc, 1 hdc, 15 dc, 1 hdc, 1 sc. **Rnd 1:** *Note:* For bright shawl, continue with A, for pastel change to B. Along side of petal, sl st in sc, hdc and first dc. To change color, pull new color through last loop. Sc in next dc, *ch 4, sc in 2nd ch from hook (picot), ch 4, make another picot, ch 1 (d-p loop made), skip next 3 dc, sc in next dc. Rep from * twice, make 1 d-p loop, skip next sc, hdc and first dc of next petal, sc in next dc. Rep from * around to 11 d-p loops, make 1 d-p loop, sl st in first sc of rnd. **Rnd 2:** *Note:* For pastel shawl continue for B; for bright, *(continued)*

COOL CROCHETS

continued

change to B. Sl st in first ch of d-p loop, ch 1, sl st in picot twice, sc over next ch (one between ps), ** ch 7, sc over middle ch of next d-p loop (mark sc), ch 3, turn. Work 9 dc over the 7 ch (shell made), dc in next sc, ch 4, turn. Skip first 2 dc of shell, dc in next dc, * ch 1, skip next dc, dc in next dc. Rep from * twice. Ch 1, skip last dc, dc in top of ch 3 (5 ch-1 sps). Ch 1, work 2 sl st in side of dc just completed, sl st in each of the 3 chs just below it, sl st in top of marked sc. * Make a d-p loop, sc over middle of next d-p loop. Rep from * once. Rep from ** 3 times. Join last d-p loop with ■ sl st to base of first shell. **Rnd 3:** Sl st twice in side of first dc of shell, sl st in top of same dc, sl st in sides of next 2 chs. *Note:* For both shawls change to C, sc in next ch, ** d-p loop, sc in center sp of shell, d-p loop, skip next 2 ch-1 sps, sc in top of last dc, *d-p loop, sc in middle sc of next d-p loop. Rep from * once, d-p loop, sc in middle ch of ch-3 at top right of next shell. Rep from ** 3 times, join last d-p loop with sl st to beg of first loop. Fasten off. (20 d-p loops). **Rnd 4:** Work as for Rnd 2 having 4 d-p loops between shells. *Note:* For both shawls change to D beg with first sc. **Rnd 5:** Work as for Rnd 3 having 28 d-p loops. *Note:* For both shawls change to E beg as in Rnd 3.

Second Square and Joinings: Work second square the same as first to end of Rnd 4. **Rnd 5:** Work until 15 d-p loops are completed. Hold first square (line up petals) so that next d-p loop made on second square will be facing corresponding loop in one corner of first square. Make a p, sl st around ch-1 sp of corresponding loop on first square, p, ch 1, sc in top left ch-1 of shell on second square, * p, sl st in middle ch-1 sp of next corresponding loop on first square, p, ch 1, sc in middle ch-1 sp of next loop on second square. Rep from * 3 times, p, sl st in middle ch-1 sp of corresponding loop on corner of first square, p, ch 1, sc in middle sp of shell, complete second square in regular Rnd 5 pat. Join 3rd and 4th squares in same manner beg in 9th d-p loop. Follow chart. See below for order of joining and detail for corners.

Center and Corner Joinings: *Note:* for both shawls use E. Ch 5, join with sl st to first ch to form ring. Ch 2, sl st in corner p, ch 2, sc in ring, *ch 2, sl st in next corner p, ch 2, sc in ring. Rep from * to end. There will be 8 joinings in center, 6 joinings between squares 7,8,9 and 10 (upper edge) and 4 along side edges. Use only as many ch 2's as needed. **Block shawl at this point.**

Corner and Top Filet Mesh: With right side facing, beg in right hand corner. Corner: **Row 1:** Beg in p to left of center of shell. Sl st in p, ch 3, * sc in next p to left, ch 3. Rep from *. End in p to right of center of next shell. Turn. **Row 2:** Sl st in first 2 ch of last ch-3, sc in sp, * ch 3, sc in next ch-3 sp. Rep from * across, end with sc in last ch-3 sp, ch 5, turn. **Row 3:** Sc in first ch-3 sp, * ch 3, sc in next ch-3 sp. Rep from * across, turn. **Row 4:** Sl st in first 2 chs, sc in sp, * ch 3, sc in next sp. Rep from * across, end in ch-5 sp, ch 5, turn. Rep Rows 3 and 4 until 1 ch-3 sp rem. Fasten off. Work other corner to correspond.

Top: Make the same for all 3 openings. **Row 1:** Beg in p to left of center of shell. Work down from top of square 10. Sl st in p, ch 3. * Sc in next p to left, ch 3. Rep from * down to the corresponding p at lower center, ch 3, sc in center of joining motif (mark) ch 3, work up other side to match first side, turn. **Row 2:** Sl st in first 2 chs, sc in sp, * ch 3, sc in next sp. Rep from * to the ch-3 sp just before sc in center of joining motif, ch 1 over that sc, sc in next ch-3 sp, work in pat up other side, end with sc in last ch-3 sp, turn. Rep Row 2 always working ch-1 over the ch-1 sp at lower center, until space is completed. Fasten off.

Edging: With E, beg at lower back in p to left of center of shell. Sl st in p, ch 3, * sc in next p to left, ch 3. Rep from * to first joining motif, sc in center of joining motif. Cont in this way up side of square to corner, ch 3, sc in next ch-5 sp of mesh corner section, ch 3, sc in next ch-5 sp. Cont to point of corner. To turn corner, work sc, ch 3, sc in corner sp. To work across top, * ch 3, sc in next sc, ch 3, skip 1 sp, sc in next sp. Rep from * across top. Work down other side to match first side, end with sl st in first sl st. **Row 2:** Sl st in first 2 chs, sc in sp, * ch 3, sc in next sp. Rep from * around having a sc, ch 3 and sc in corners to turn. Rep Row 2 twice in each of D, C and B. With A, rep Row 2 once. **Last row:** Work as Row 2 but work a picot of ch 4, sc in 2nd ch from hook ch 1, instead of ch 3. Fasten off. Block again.

JULIET CAP

SIZE: One size fits all.

MATERIALS: 3 skeins #943 Jade; 1 each #552 Purple, #601 Rose, #740 Orange and #973 Yellow; Crochet hook size G.

Work Rnds 1 through 13 in Jade, 14 & 15 in Purple, 16 & 17 in Rose, 18 & 19 in Orange, 20 and 21 in Yellow.

Beg at top of crown. Ch 4, join with sl st to form ring. **Rnd 1:** * Ch 3, sc in ring. Rep from * 7 times, sl st in first ch, sc in same ch-1 sp. **Rnd 2:** * Ch 3, sc in next ch-3 sp. Rep from * around, end with sl st in first ch, sl st in first sc. Sl st in first ch, sc in same ch-3 sp. **Rnd 3:** * Ch 3, sc in same ch-3 sp, ch 3, sc in next ch-3 sp. Rep from * around, end sl st in first sc (16 ch-3 sp). **Rnd 4:** Rep Rnd 2. **Rnd 5:** Rep Rnd 3 (32 ch-3 sp). **Rnd 6:** Rep Rnd 2. **Rnd 7:** Rep Rnd 3 (64 ch-3 sp). **Rnds 8 through 20:** Rep Rnd 2. **Rnd 21:** Rep Rnd 2 but work picot of ch 4, sc in 2nd ch from hook, ch 1, instead of ch 3. Fasten off. Sew in all ends. Block on wig form if possible.

JULIET CAP WITH OPEN CROWN

SIZE: One size fits all.

MATERIALS: 3 Skeins Ecru; small amounts (1-2 skeins) #211 Lavender, #598 Aqua, #951 Peach, #945 Dusty Peach, #754 Dusty Rose and #504 Dusty Green; crochet hook size G.

Cap is made in Ecru. "Flower" trim is made with yarn remaining from shawl or in amounts as listed.

Beg at top, approx half way down from top of head. Ch 64, join with sl st to form ring. Do not twist sts. **Rnd 1:** * Ch 3, skip 1 ch, sc in next ch. Rep from * around, end with sl st in joining. **Rnd 2:** Sl st in first ch, sc in sp, * ch 3, sc in next sp. Rep from * around, end with sl st in sc. **Rnds 3 through 12:** Rep Rnd 2. **Rnd 13:** Rep Rnd 2 but work picot of ch 4, sc in 2nd ch from hook, ch 1 instead of ch 3. Fasten off.

Flower Trim: In each color make picot chains by working *ch 4, sc in 2nd ch from hook, ch 4. Rep from * to end of yarn. When all chains are complete, pull them through Rnds 10, 11 and 12 in random pattern. Make soft knots for "flowers," braid and mix colors as desired. Block cap on wig form if possible. Do not press flowers.

CAMISOLE

SIZE: Medium. Adjust elastic for changes.

MATERIALS: 3½ Boxes (36-42 skeins) #598 Aqua; crochet hook size H, or size to give gauge; 2 tubes thin elastic.

GAUGE: 5 Trc = 1" (before elastic)

Cut elastic into 18"–20" lengths. Knot one end of each length and work over elastic on even Rows 2 through 20 (10 elasticized rows) for Back and Rows 2 through 12 (6 elasticized rows) for Front.

BACK: Ch 76. **Row 1:** Trc in 4th ch from hook and in rem chs. (73 trc counting ch 3 as 1 trc) **Row 2:** Sc into top of ea trc and into top of ch 3, turn. **Row 3:** Sl st and ch 3 in first sc, trc in rem scs, ch 1, turn. **Rows 4 through 20:** Rep Rows 2 and 3, end with Row 2, ch 1, turn. **Row 21:** Sc in first sc, * ch 1, skip next sc, sc in next sc. Rep from * across, end ch 3, turn. **Row 22:** Skip first 2 sc, sc in next sc, * ch 3, skip next sc, sc in next sc. Rep from * across. Fasten off.

FRONT: Work the same as for Back through Row 13. End Row 13 with ch 3, turn. **Row 14:** Skip first 2 trc, hdc in next trc, * ch 1, skip next trc, hdc in next trc. Rep from * across, ch 4, turn. **Row 15:** Skip first hdc, * sc around post of next hdc (facing away from you to have chs form loop on right side), ch 4. Rep from * across, end with sc in middle ch of ch-3, ch 3, turn. **Row 16:** * Hdc in next hdc, ch 1, skip ch-1 sp. Rep from * across, end with hdc in last hdc, ch 4, turn. **Rows 17 through 31:** Rep Rows 15 & 16, end with rep of Row 15, ch 1, turn. **Row 32:** Work over elastic. Sc in ea hdc and ch-1 sp, ch 1, turn. **Rows 33 & 34:** Work as Rows 21 & 22 of Back.

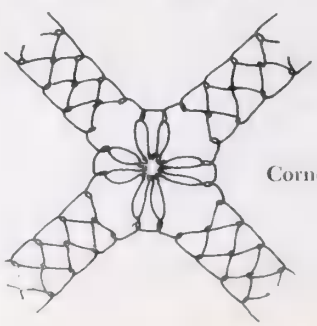
RUFFLE: With right side facing, sl st and ch 3 in first ch of starting ch. **Row 1:** * Ch 3, skip next ch, sc in next ch. Rep from * across, end with sc in last ch-3 sp, ch 5, turn. **Row 2:** * Sc in next ch-3 sp, ch 3. Rep from * across, end with sc in last ch-3 sp, ch 5, turn. **Row 3:** * Sc in next ch-3 sp, ch 3. Rep from * across, end with sc in ch-5 sp, ch 3, turn. **Rows 4 through 6:** Rep Rows 2, 3 and 2. Fasten off. Work other piece in same manner. Press.

Finishing: With right sides facing, sl st or sew side seams. Weave loose ends in. Make a chain desired length and thread through chain spaces at top. Tie in front. **End**



Order of joining

FOR SHAWLS



Corner detail

Coffee Breaks



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- 1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
- 5 tablespoons butter or margarine
- 1 package (3 oz.) cream cheese, softened
- 1 cup sugar
- 3 eggs
- 1 tablespoon all-purpose flour
- 1½ teaspoons vanilla
- ½ teaspoon CALUMET® Baking Powder
- ¼ teaspoon salt
- ½ cup all-purpose flour
- ½ cup coarsely chopped nuts

Melt chocolate and 3 tablespoons of the butter in a small saucepan over very low heat, stirring constantly. Cool. Blend remaining butter with cheese until softened. Gradually add ¼ cup of the sugar, beating well. Blend in 1 egg, 1 tablespoon flour and ½ teaspoon vanilla. Set aside.

Beat remaining 2 eggs until thick and light in color. Gradually add remaining ¾ cup sugar, beating until thickened. Add baking powder, salt and ½ cup flour. Blend in cooled chocolate mixture, nuts and 1 teaspoon vanilla. Spread about half of the chocolate batter in greased 8- or 9-inch square pan. Add cheese mixture, spreading evenly. Top with tablespoonfuls of remaining chocolate batter. Zigzag a spatula through batter to marble. Bake at 350° for 35 to 40 minutes, or until top springs back when lightly pressed in center. Cool. Cut into bars or squares. Makes 16 to 20.

*For more "Coffee Break" recipes, send your name and address to: Coffee Break Recipe Offer, P.O. Box 3064, Kankakee, Ill. 60901

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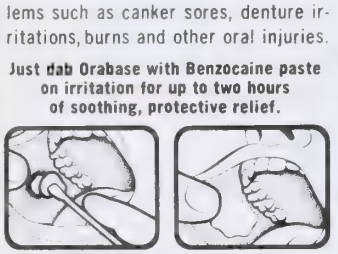
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HANDLING YOUR HANGUPS

continued from page 97

deeply for the causes. That's why it may come as a surprise to you to know that anxiety, and all its symptoms, has at its root a feeling of dread, a nameless, unconscious fear that in extreme cases can reach the point of panic.

Once you learn to recognize your anxiety and the fears that propel it, you can begin to grapple with the feelings and events that make you uneasy. First, it's essential to understand that your symptoms are signs of an inner struggle, an alarm sounding the presence of conflict. The fact is, anxiety occurs when you yourself make two conflicting and simultaneous demands of yourself.

Barbara, for example, insists on seeing herself as a very aggressive, competitive, no-nonsense businesswoman and also as the nicest, most lovable person in her office. Because the two identities are unlikely to coexist in a real person, she is making, in effect, conflicting demands of herself.

Inevitably, events occur that expose the discrepancy—when, for example, her assistant asked for a transfer, stating she and Barbara couldn't get along—and she becomes "tense." At those times, Barbara has difficulty concentrating and making decisions, obsessively reviewing the same items again and again. Impatient with her inability to attend to detail or follow through on matters of importance, she fears she is losing control. After weeks of feeling "pressured" and suffering from "tension headaches," she's her old self once more.

Barbara has unconsciously created two imaginary identities—the nicest woman and the most aggressive—both of which are exaggerations. They are her personal images of perfection against which she continually measures herself. The result is an emotional conflict that often divides and exhausts her.

A real person has, of course, minor and major limitations, faults, strengths and aptitudes. But without her fantasy, Barbara would be unacceptable to herself and, she fears, to others as well.

The person who unconsciously sets up conflicting, perfectionist standards for herself denies the person she really is. Since the demands she makes of herself are unrealistic, and therefore impossible to achieve, failure—and the fear of failure—is inevitable. The result: anxiety—mild, moderate or severe, depending on the depth of her conflict and on the degree to which her fantasy self-image is threatened.

Women in conflict

Dale has always thought of herself as an extremely polite, kind and considerate person. Like most women, she was raised to place an inordinate importance on being "nice." That is, benign, compliant, appeasing, cooperative. Recently she has been feeling "uptight" and has had trouble sleeping. The problem, Dale explains, is that her new boss is an unreasonably demanding, difficult man. And she is disappointed with herself because she has not been as assertive with him as she believes she ought to be.

Because Dale has valid reasons for complaint, she wants to exercise her right to express her anger and dissatisfaction. Yet just the thought of doing so threatens her self-image as a consistently nice person. She also fears she would leave herself open to possible retaliation. Doubly afraid, she wants to play it safe, but her body and mind react to the conflict, the feeling that she should be nice and she should be assertive at the same time. So she sits on the fence with two incompatible and simultaneous needs, creating indecision and unrest.

Danna has frequent hysterical outbursts. Almost anything can set them off. "I can be having the most casual conversation with someone I hardly know," she says, "and I'll be sweating. Sometimes I want to scream. One day, I was standing outside, just talking to a guy, and I realized I was actually wringing my hands."

Danna likes to think of herself as a strong, independent woman. She's just starting out in her career and could use a little financial help, but refuses to accept any support from her parents, who can well afford to assist her for a while. Dependence, Danna believes, is an inexcusable, hateful weakness.

Yet Danna admits that she is desperately searching for the "right man" to "take care" of her. Her relationships have been brief because, she explains, the men she has dated have been selfish, uncaring, irresponsible and unable to "give" enough. She has obviously put herself in a bind: demanding that she take care of herself, and yet expecting a man to take care of her. Danna doesn't realize that she can be dependent and independent in different ways and at different times.

Many women unconsciously make unrealistic and incompatible demands on themselves. They create a self-image composed of conflicting, perfectionist expectations and standards. When reality intrudes, contrasting sharply with that self-image, anxiety can be set off. Such a woman has made an unconscious bargain with herself: a beautiful illusion in exchange for the pain of unresolved conflict. But it doesn't work.

The inevitable dissatisfaction and pain stems from a feeling that she is not really "making it." That is, she is not living up to the illusory fantasy image she holds before herself and which she uses as a standard. As long as she yearns for the fulfillment of that fantasy, satisfaction will remain out of reach.

The more she strives for perfection, the greater the number of her failures. In her mind, she is either a complete success or a total failure; there are no in-betweens. She has obviously rejected her real self, which is, of course, neither perfect nor imperfect, but in most respects, average.

Why us?

Because we are women in transition, caught up in a women's *(continued)*

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HANDLING YOUR HANGUPS

continued

movement that is in its adolescence, we find we must still deal not only with many age-old distortions and prejudices regarding women, but with some brand new ones as well. We are the victims of opposing standards, or shoulds, and sometimes we try to satisfy both concurrently. Anxiety is the continuing price we pay for stopping to do something that is impossible.

For all her newness and striving for her rights, today's woman continues to have strong, unconscious ties to women's traditional values and ways of thinking. Such women have not yet found their place. In their attempt to be liberated in all respects, they are trying to actualize a new, perfect fantasy.

They must contend with the old, despised standards: A woman should be passive, helpful, caring, feminine, totally devoted to her family, and so on. And they are driven by a new, contradictory set of shoulds: A woman should be independent, self-sufficient, career-minded, able to express anger and be primarily concerned with her own needs.

Feeling pushed in opposite directions, too many women, raised to be dependent "little girls," try to become responsible, strong and independent women overnight. This is the new, perfect self-image they attempt to live up to.

As they reap their share of failure and disappointment—and this is inevitable—these women are outraged. They have been swept up by the vocabulary, energy and drama of the women's movement, and have misinterpreted and been over influenced by the excitement and exaggerations generated by extremists. Because the process of transition is a slow one, they are often angry, confused, conflicted and anxious. They do not allow themselves to be selective, to choose how much they'll keep of the old, and how much they'll discard.

Terry, for example, is a compulsive striver, a workaholic who feels she must be the best and brightest salesperson her firm ever hired. She nags herself for her failures, however small. She is a cruel taskmaster, and gives herself no relief from self-condemnation and no time to pursue a normal social life.

The failure to be perfect—to do her job as well as she thinks a man would—is, according to her criteria, a mark of poor character and stupidity. Anxiety follows her unrealistic fear that any inadequacy will be exposed to the world.

With such an uncompromising self-image, a perfectionist woman encloses her mind in an emotionally immobilizing straitjacket. For some new women, there is a should, a rule for every circumstance. These women are predictable and unspontaneous, with rules for the way they work, speak, dress, behave, feel and think.

Shoulds are unconscious, perfectionistic standards that, when rigidly held, can control your life. Since they are unrealistically demanding, you are predestined to fall short of them time and time again. Awareness of that falling short is what initiates feelings of disgust, guilt, self-hatred and persistent anger. The conflict between your real self and your perfect, fantasized self leads to anxiety.

Struggling with tradition

There are many women, of all ages, who prefer to live their lives as women always have. The following are features of the rigid, compulsively traditional woman. How many apply to you?

- Depends upon someone else for a primary sense of security.
- Tries to please, maintain harmony and avoid arguments at all times.
- Needs external approval to maintain a sense of worth.
- Cannot express anger easily, or at all.
- Can be extremely skilled and competent, but tends to discredit herself.
- Feelings of guilt are quickly and frequently aroused.
- Is quick to assume blame.
- Is other-centered, puts the needs and desires of others before her own.
- Expresses opinions apologetically.
- Is nonassertive in many respects.
- Can meet many of her own needs only covertly and deviously.
- Hesitates to accept leadership roles, but will work behind the scenes.

If you find that five or more of these traits apply to you, then you have definite characteristics of the traditional woman. Of course, some of these characteristics can be highly desirable in the proper context and to a certain degree. But when carried to extremes, they can be harmful, leaving very little opportunity for independent thought and action.

Helga, for example, constantly humiliates and deprecates herself. Deferring to husband, children, parents and relatives, she habitually places herself in a secondary position. Although she shoulders most of the responsibility for the physical and emotional well-being of her family, she takes very little credit for doing so.

Feeling she has no right to make even the most reasonable demands, she takes comfort and pride in the fact that she makes so few. Like other compulsively traditional women, she believes she has neither the right nor the reason to feel angry or to assert herself.

Unassertiveness is Helga's style because she has learned and accepted that only "bitchy" women are assertive. Her image of a "good" woman is one who is kind, undemanding, poised, attentive, loving, patient, loyal, honest, obedient and inoffensive.

There is nothing wrong with most of Helga's ideal qualities, but strict, compulsive adherence to such perfectionist expectations leaves no room for satisfaction with the less than perfect human characteristics with which we are all well endowed.

No one can or does practice these virtues all the time, unless she is a living saint. Yet that is Helga's secret aspiration and fantasy, even secret from herself. While Helga may be unaware of the conflict, anxiety must flow from such constrictiveness, for she would be inhuman if she did not resent and resist it in some way. Striving to see herself as perfect, she becomes anxious when discrepancies arise.

What do you do when you find you are impatient, intolerant and unkind? What can you do with feelings of anger, envy, frustration, competitiveness, ambition and aggression? *(continued)*



"Well, how come if ice cream is made of milk I can't have it on my cereal?"

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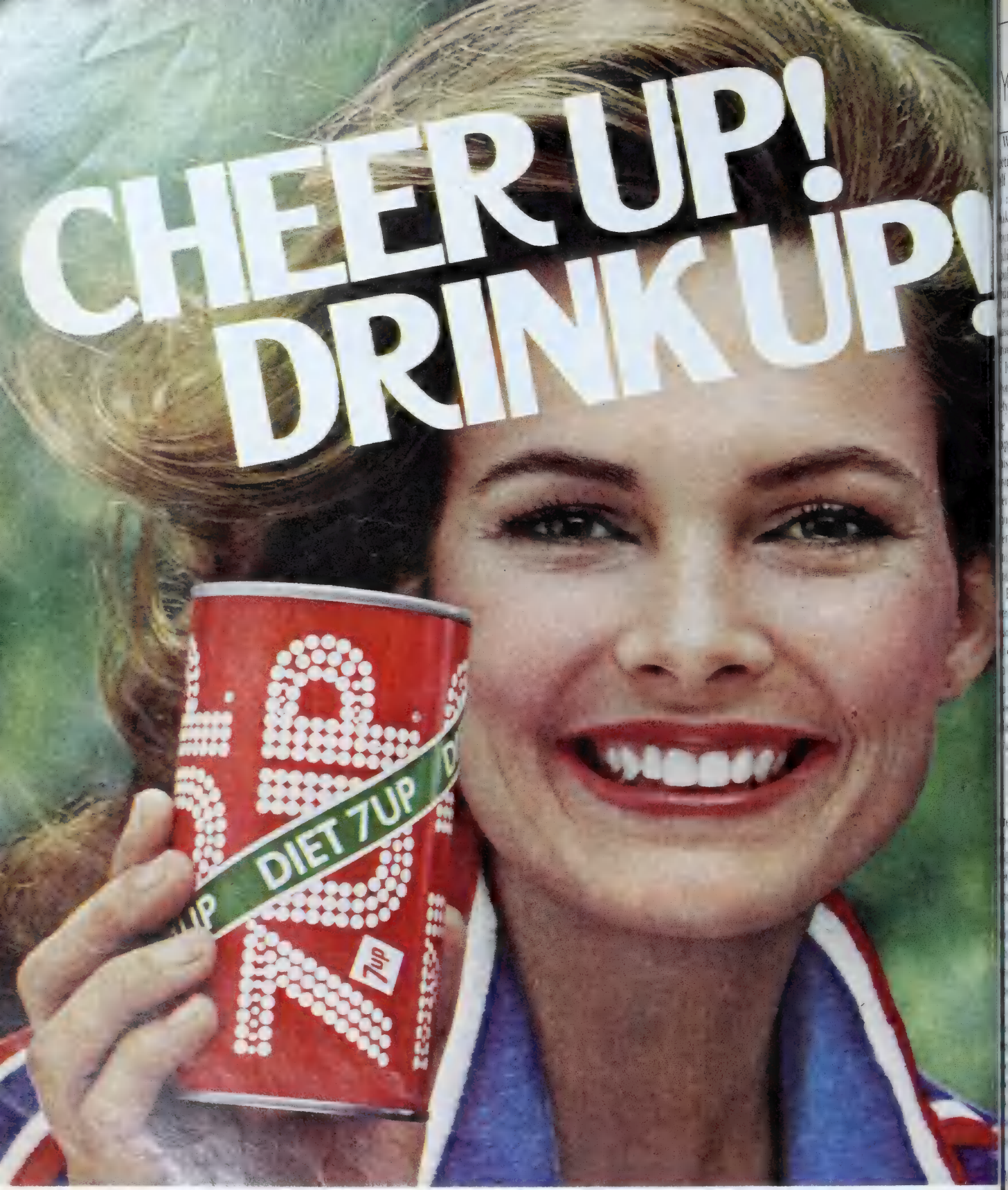


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HANDLING YOUR HANGUPS

continued

When you cannot accept your imperfections, when you will only accept yourself on a restricted basis, you are forced to reject your real self. Every failure makes you more guilty, makes you hate yourself for what you consider multitudinous shortcomings. The self-hatred could become continuous if you are an ordinary person with equal portions of weakness and strength, goodness and meanness. The anxiety such a conflict produces could become unbearable.

In addition, even the most traditional woman is somewhat subject to the anxiety of transition. She cannot help but be exposed to the new standards and expectations brought about by the feminist movement. All around her, other women are saying she should depend on herself for a sense of security, that she must not wait for a man to take care of her. She has the right, she is told, to feel and express anger, and to put her needs and desires first.

If she insists, nevertheless, on clinging compulsively to the traditional standards, she may very well do so defensively, and secretly believe that she is making a mistake. Sometimes she is sure she should change, and when she doesn't, she feels guilty and ashamed. Back and forth she goes, anxious all the time.

Easing the pain

Because both real and fancied images are often at two poles, they are destined to clash each time fact and fiction collide. The only way to eliminate the anxiety that results is to learn to accept the true you, the you of reality, the one who is imperfect, the one who is sometimes dependent or independent, soft and strong, the one who doesn't want to work, or be pleasant, smart, witty or cooperative all the time.

You can free yourself from the emotional bonds that unrealistic, perfectionistic standards impose on you. Anxiety can be a positive force in your life, if you begin to view it as a warning to slow down and take a good look at what is causing your fears; if you use it as a signal to root out old, rigid conflicts.

What is your anxiety telling you? What is the message behind your fears? Listen to your inner voices, needs and feelings. Do you hear kind words? Or are they harsh and judgmental? Finally, ask yourself: What am I trying to accomplish? Whom am I trying to be? Am I being realistic? What conflict can I recognize? Am I blocking myself by making two conflicting and simultaneous demands of myself? Let anxiety be your stimulus for change. **End**

Lucky for Jenny

continued from page 148

Stepping up to Karen, Jennifer announces, "I'm bionic."

Karen's lips draw together in a thin line. Her eyes widen.

"See my hearing aid?" Jen wraps her hair back across her head.

"Oh." Karen looks, in dismay. "Jenny." Her voice is laced with disappointment. "Jenny."

No pity. I don't want to see that. I don't want Jenny to see that. "Karen," I say quickly, "Jenny has heard all kinds of new sounds today. Isn't that really wonderful?"

"What . . ." Karen coughs, blinks. "What did you hear?"

"I heard a song and some wind."

"And the cat purring. And crickets," I add with enthusiasm.

"And my hearing aid whistles sometimes."

"Well." Karen thinks, then takes a deep breath. "Maybe one day I could try it on."

Jennifer brightens. "And you might hear new things, too!"

"Right."

At dinner, Jennifer bobs her head from side to side. She asks us to identify the sound of the clothes dryer, the refrigerator motor, the air conditioner coming on. A distant siren. Traffic swishing by in the rain. I push food around on my plate, give up.

When Karen leaves for the dance, Ben and I get the children ready for bed, bathing them, dressing them in clean pajamas, reading to them. The drapes are drawn and we are safe against the night. Together. *(continued)*

Journal Shopping Center

FASHION: THE NEW WAVE

PAGES 106 AND 107: From left: MAIDENFORM magenta trimmed maillot, available at Abraham and Straus, Brooklyn, New York; Filene's, Boston; Cameo, all stores, Philadelphia & suburbs; Richards, Miami; Lazarus, Columbus, Ohio; J.L. Hudson, Detroit; Bullock's, Los Angeles; Emporium, San Francisco.

ELISABETH STEWART deep V-plunge maillot, at Lord & Taylor, New York; Garfinckels, Washington, D.C.; Filene's, Boston; Cameo, all stores, Philadelphia & suburbs; Marshall Field & Co., Chicago; Rich's, Atlanta; Joseph Magnin, San Francisco; Frederick & Nelson, Seattle.

OMO NORMA KAMALI shirred maillot, available at OMO Norma Kamali, New York; Garfinckels, Washington, D.C.; Plage Tahiti, Philadelphia; Sassafras, Madison, Wisconsin; Marshall Field & Co., Chicago; E. Martini at the Radisson Plaza, Charlotte, N.C.; C. Loyd, Atlanta; The Carriage Shop, Dallas; Bullock's Century City, Los Angeles; Moody Blues, Mill Valley, California.

PAGE 108: DANSKIN crisscross front swimsuit, available at B. Altman & Co., New York; Bamberger's, New Jersey; Macy's, San Francisco; J.W. Robinson, Los Angeles; for further information contact: Tom Goodman, c/o Danskin, 1114 6th Ave., N.Y. 10036.

PAGE 109: ELON BY MONIKA TILLEY striped maillot at Gimbels, New York; Diana Parker, Annapolis & White Flint Mall, Bethesda, Maryland; Hope Chest, Inc., Boston; Jordan Marsh, Florida; Fashionette Swimsuit World, Chicago; Aberson's Alley, Tulsa; Joseph Magnin, San Francisco; Judy's, Southern California.

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Lucky for Jenny

continued

But something strange is in here with us. Something new. Jenny is hard of hearing. And this will not change.

I expected problems in raising children: fevers, broken bones, poor report cards. But not something like this. Something that can't heal. Something to live with.

I hold the hearing aid in the palm of my hand. It complains only slightly, with a few chirps. Can we be friends? Ever? I put it into its case and close the lid.

Ben and I sit on the living room couch. "Gail, what a day you've had," he acknowledges. "I'm sorry I wasn't there when Jenny got her aid."

"It didn't matter."

"Correction," he says softly. "We thought it wouldn't matter, but it did."

My mind swings like a pendulum. I alternate between feeling comforted by Ben and wanting to take out my anger on him. Finally, I venture, "You don't seem upset about Jenny."

He shakes his head. "I've been upset for weeks—ever since we found out. But I realize that being upset is not going to make things any different."

This is exactly the kind of cold logic I've been waiting for. I spring at him. "Men don't feel what women feel."

Ben's eyes spill tears. "Don't give me that," he whispers, squeezing my wrist.

I'm sorry I said it. I know he feels what I feel. But I want to get it all out, unload it on somebody. "I hate the hearing aid," I tell him fiercely.

A key turns in the front door lock. Ben reaches for a handkerchief and wipes his face. Karen and her date, Kenny, stop short when they see us. Her expression alarms me.

"What's the matter?" she says to me.

"I was just going to ask you that question," I sidestep. "You're home early."

She looks to Kenny for words.

"Another girl . . ." He stares at the rug. ". . . had the same blouse." I can tell by the way he's speaking that there's more.

"One of *those* girls," Karen adds, her voice unsteady. *Those girls* means a specific clique in which she is not included. "Loretta Stewart."

"When Loretta saw Karen, she made her date take her home to change. Everybody knew it," Kenny finishes sympathetically. "What a put-down."

I ache for her.

"I'm sorry," Ben offers.

"I never want to wear this blouse again," Karen declares.

Kenny takes her candor in stride. "I don't blame you. I'd feel the same way."

We coax them into having iced tea and playing cards with us. Kenny is a delight. By the time he leaves, Karen has perked up a little. We hug her tightly, say our goodnights.

She touches the sleeve of the blouse with regret. "Would you like to have it, Mom?"

"Well, I love it but it's too young for me. Why don't you hang it in the back of your closet? Time helps."

In the silence of our bed, Ben and I are alone with sorrow. Finally, he whispers, "Gail, come away with me."

"Where?"

"Where we can be happy."

This idea shocks me. What is he thinking? I turn toward him, try to see his face in the darkness.

"Do you mean leave the children? Go away?"

"No. I mean leave the things we can't do anything about. Leave them. Leave them behind." He speaks with urgency. "We need to do it now. Please. Let's concentrate on what we have. We have so much. We can be happy. I know we can. We always have been."

He pulls me close to him, and I believe in what he is saying. I believe I can go with him. Maybe not today, but soon.

Later, when he slips into the rhythmic breathing of sound sleep, I check on the children. There is a cricket in Jenny's room, singing loudly in the blackness. I fumble for her night light, click it on, listen.

Cricket noises seem to be coming from the hearing aid's storage case. Could I have trapped one inside? Confused, I carry the box to the night light, crouch down and slowly pry open the lid.

There is no cricket. Only the hearing aid. I have forgotten to turn it off and it tweets as I lift it from the velvet lining. I laugh, thinking of the ridiculous cricket hunt. Jennifer will love this story.

"So, you think you're a lucky cricket," I say to the hearing aid, releasing its battery compartment. The aid falls silent. Lucky, yes. Lucky for Jenny.

I've seen so much today. Good things that turned out to be bad. Bad things that turned out to be good. How can we steer our lives when they move so unpredictably? And when there are things we cannot control?

I stand beside Jenny's bed. In the motion picture of my mind, she holds the cat in her skirt, looks up at me, asking, "You mean, all that matters is how you feel about it?"

I spin the answer myself: attitude. How we *choose* to feel can make a difference.

Jenny stirs. Her features are soft, angelic in the amber light. She is ours. Ours to love and celebrate. The hearing problem cannot take her away. And the hearing aid can only bring her closer.

I lean down to kiss her forehead. *We have so much.* I will let go of sadness.

I will let it go. **End**

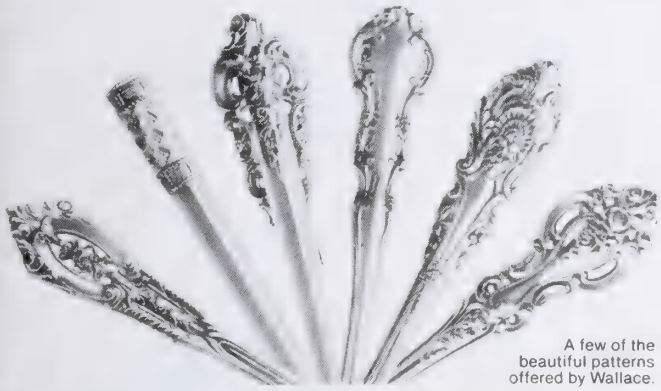
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There are twelve enchanting works of in the Society's *Flowers of the Year* niature lithograph collection. Each rk depicts the favorite and most cap-ating flower that blooms during a gle month in the gardens of the head-arters of the American Horticultural ciety...historic River Farm in Mount rnon, Virginia.

Entrancing flower miniatures by a master of the art

create this collection, the Society mmissioned *Davis Carroll*—one of erica's best-loved floral artists, with rks on exhibit in galleries throughout nation, and more than 30 one-man ws to his credit. Carroll's work is owned for its sensitive touch...its tness of spirit...its subtle nuances of or. And in these new miniatures, he s refined his famous style to sheer fection.

The June lithograph portrays the athtaking, sunset-hued roses that first ce our gardens in early summer, ar-ged in a pitcher of Cantonese por-ain. Pretty sweet peas—violet, yellow d dusky pink—complement an 18th tury tea-caddy in the July miniature. d for March, the coming of spring is alded by golden-trumpeted daffodils. ndidly set out within a Japanese celain vase. Twelve works in all. h a masterpiece in miniature.

ed lithographs shown smaller than al 8⅛" x 9⅜" size.



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In each of these charming lithographs, the artist's work will be captured with remarkable richness and fidelity. For each will be *a true original*—not a simple reproduction.

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After this thorough inspection, Davis Carroll will *hand-sign* the work—authenticating it as a true original.

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Finally, each signed lithograph will be provided to the collector fully matted and mounted in an elegant frame. The possibilities for display are many—for these warm and appealing works will create their special feeling wherever you choose to place them. In your living room or bedroom, along stairways, in entries or foyers...as individual pieces, or in striking group settings.

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Remember: to secure your reservation for these delightful floral miniatures, your request must be mailed to The American Horticultural Society, Mount Vernon, Va., *by June 30, 1979.*

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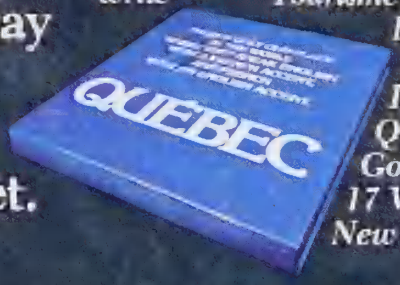
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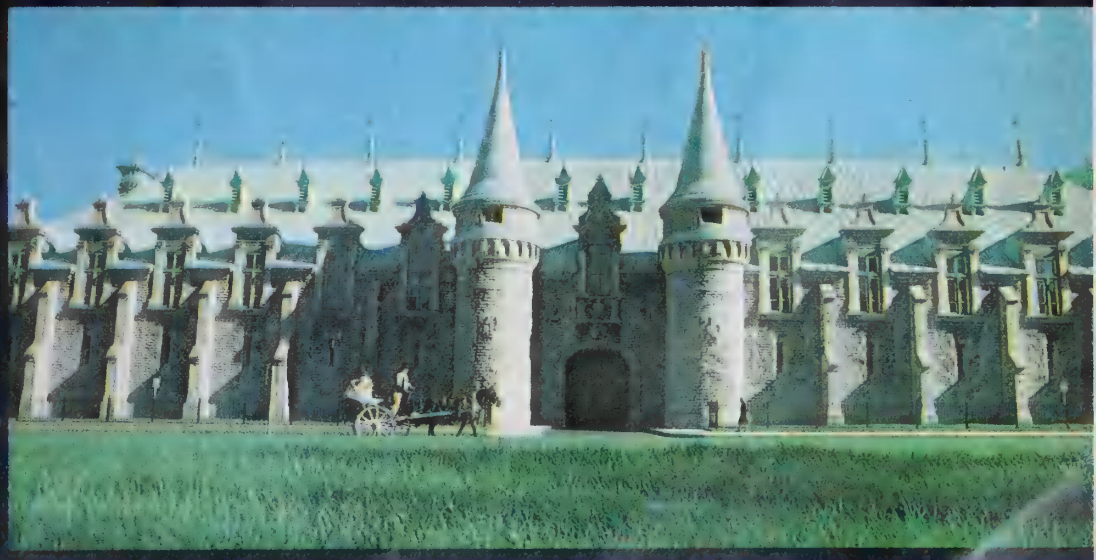
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Can This Marriage Be Saved?

continued from page 14

egan visiting zoos and museums together. We even went wimming together—he didn't think my monumental bosom as a monstrosity. I know he was attracted to me, but three nonths passed before he even kissed me. Jay is so pure, purer han any man I've ever known.

"And when we married, I still thought he was a faultless Galahad. But then practical matters, especially concerning noney, became a factor. Jay has many problems, and he eeds help from me—but he refuses to accept it.

"Jay is smart enough to be a millionaire, I mean it, in any eld he chooses. Before we moved to L.A., he'd been successul in both the dress business and on Wall Street. And when persuaded him to become a dental technician, he did that ell, too. But after a few months at any job, he gets bored ith the field and quits so he can begin an entirely new caeer. His restlessness is just plain crazy. He's always at the ottom of the ladder and people call him a job-hopper. It ook him ten weeks to get work pumping gas. I found a job n the cancer ward of a hospital just a few weeks after we noved here, and though it was probably the saddest work in he world, I was happy to get it.

"I wish I could talk all these things over with Jay, but he efuses to communicate with me.

"At this moment I think he and my uncle are working out real estate deal. But when I ask him about it, he clams up. never have any idea what's going on with his finances. ight now we're living on my lean earnings, but six months go he was blowing money like a drunken sailor. In fact, he ought me a new car. It was a nice, generous thing for him o do, but because I didn't have any idea where the money ame from, even that upset me.

"I love Jayson, but I know our relationship is breaking up. We're like distant acquaintances, exchanging polite, meanngless words. If I press him to talk, he claims I don't trust im, and then he won't make love to me for a solid month."

AYSON'S TURN

"I decided to marry Trudy the first night I saw her," said 2-year-old Jayson, a huge man with a luxuriant mop of lond hair. "She was waiting tables in an all-night diner, it as pouring rain outside and the place was full of folks just ying to stay dry.

"In those days I ate out a lot, alone, and I'd always noticed ow waitresses were constantly trying to snare the biggest ippers for themselves. But Trudy—damned if she didn't corer all the customers nobody else wanted: tired mothers with mbunctious kids and white-haired welfare folks. I found this ery intriguing. And as I sat there watching her, she came ver to take my order. I only drank a cup of coffee but I left fifty-cent tip. And when I got home, I couldn't stop thinkng about her. So after awhile I got dressed again, and drove round the restaurant till she got off work.

"This wasn't unusual for me, though. I'm picky about hoosing friends. Many an evening in my years as a bachelor, 'd trim my beard, shine my shoes and go out on the town to nd a girl. But pretty soon I'd have this sinking feeling. What's the use,' I'd wonder, 'in going out to meet a bunch f plastic girls, listen to their plastic chatter, bring them back or a plastic tussle in bed?' I'd go home and listen to music. nstead. But I could see that Trudy was a real person.

"Her pity and compassion meant so much to me then. And still know she's basically just a softhearted pessimist. But he way she stews, worries and manipulates people, trying to x things for everyone—especially me—now drives me crazy.

"Trudy is obsessed with the size of her bosom. She thinks he looks like a freak and that someday I'll reject *(continued)*

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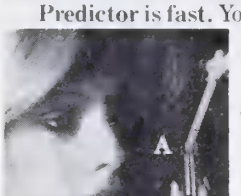
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Can This Marriage Be Saved?

continued

her. So in a need for constant reassurance, she tries to involve herself in my most trivial thoughts and feelings. I do love Trudy—but I don't want to be smothered by her. She can't conceive of how one person can love another and still maintain some independence.

"I'm sick of her endless advice. She assumes that all I need is a nine-to-five job. Well, routine work bores me to tears. Trudy's as manipulative as my mother, who tried to imbue my father with ambition and later tried to do the same to me. She was determined to make me the success my father wasn't.

"When I was twenty-one, I fulfilled her glittering hopes, earning a quick twenty-five thousand dollars in the garment industry. But I never felt particularly good about it. What was it really worth? I bought a house and gave the deed to my mother. Then I won and lost a fortune on Wall Street, and I didn't care about that, either.

"I guess I'm just not very materialistic. I don't need much money, and I enjoy giving what I do have to other people—it's one of the only things that makes me feel my work is worthwhile. I felt good when we were on our honeymoon, and I wanted other people to share my happiness. So I gave a couple of people some nice tips. Well, my miserly wife became so angry that she jumped into our car and drove away, leaving me standing alone at the hotel entrance. What a stunt! Trudy should relax about money; we're doing okay. And I refuse to become part of the rat race.

"Her sleazy, rich uncle is trying to entangle me in one of his real estate deals right now, and Trudy's anxious to hear all about it. I'm sure she wants me to get in on the action, which I have no intention of doing. She's as bossy as they come. I wish she'd leave me alone the way I leave her alone. Then we'd get along fine."

THE COUNSELOR'S TURN

"Though Trudy and Jayson each wanted a happy, permanent home, they were both extremely independent, private people. Each had spent a great deal of time alone and neither had developed reasonable ways to settle differences with others.

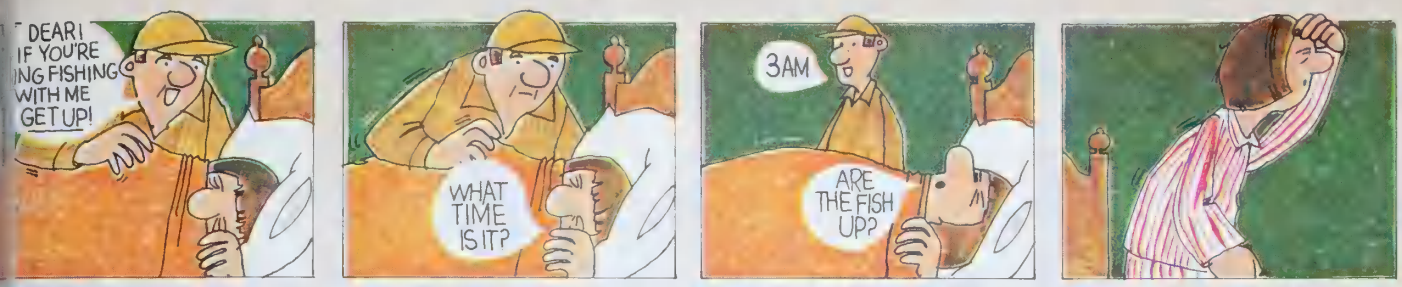
"Jay, an especially reticent young man, was basically satisfied with the marriage; he objected only to his wife's temper and bossiness. He thought her concern with money was petty, and in the face of her complaints, he became withdrawn and silent. This passivity frustrated Trudy, who grew more aggressive and strident as she tried harder and harder to make Jay deal with what she was saying.

"Jay resented tremendously Trudy's nervousness about money. To him, no salary was worth the tedium of a nine-to-five job. He preferred to invest money, when he had it, in real estate ventures and similar enterprises. Trudy's complaints reminded him of his mother, who, he felt, had emasculated his father by constantly criticizing her husband's ability to support her. Jay wanted Trudy to trust him in this respect, as he'd wanted his mother to trust his father.

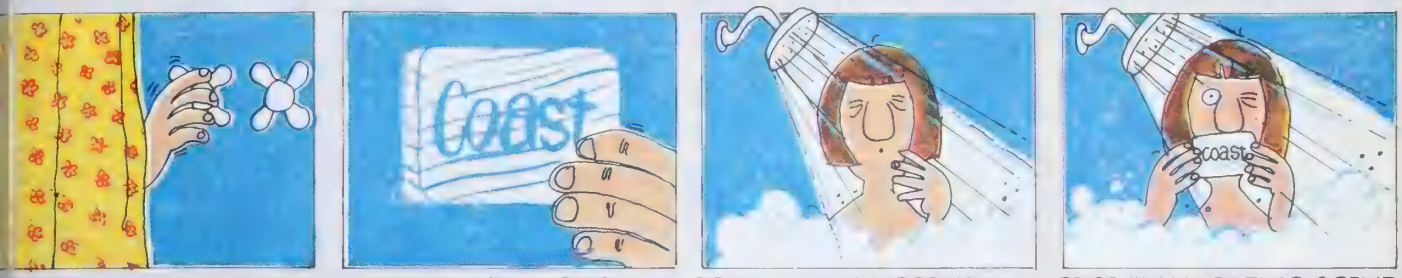
"Trudy, however, had little confidence in Jay's investments because she'd seen her father's business plans fail so many times. Growing up, she had hated being dependent on the supposed beneficence of her uncle. Financial security was consequently something she needed.

"Also important was the fact that both Trudy's brothers had not only attended medical school, but had received partial scholarships to do so. Her mother and father had apparently expected and encouraged a standard of professional excellence in their sons. Trudy seemed to have adopted this special respect for men who tried hard to succeed. She knew Jay was exceptionally smart, but the fact that his intellect wasn't well directed bothered her.

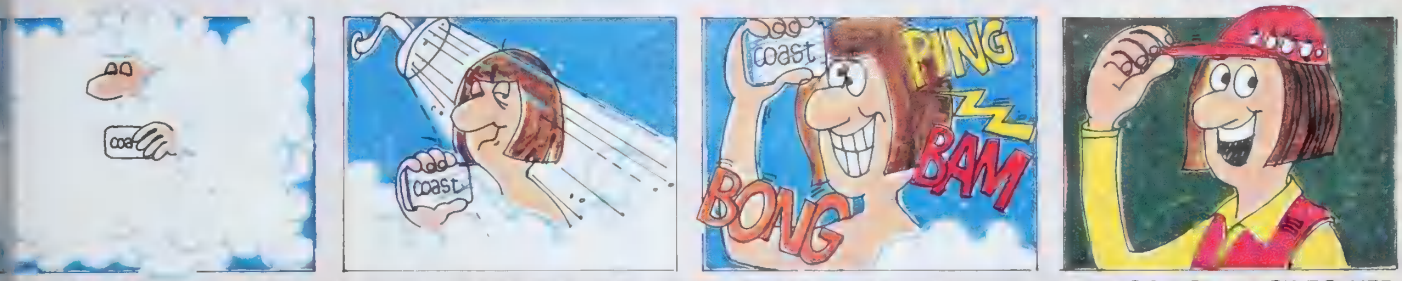
"Trudy, who had also received a college scholarship, was bright herself but—perhaps partly because her parents hadn't encouraged her as they had their sons—she'd dropped out of *(continued)*



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Can This Marriage Be Saved?

continued

ollege after her first few semesters. Her considerable energy and passion or life had since been diverted into the roubles of other people—Trudy was ompassionate almost to a fault. Now he is back in school, studying to be ome a clinical psychologist, and this rogram channels her concern for oth- rs (her 'meddling' as Jay put it) into onstructive directions. After eighteen onths of counseling, she now realizes hat Jay has some problems only he ill be able to solve.

"But things are clearly becoming bet- r for Jay, now, too. His business ven- ares have begun to succeed, and Trudy gaining faith in his judgment. He has ome to understand that his wife's temper is a product of his passivity, his unwillingness to listen to her; they are now able to talk much more rationally and lovingly about their grievances. Jay no longer tries to silence his wife, and no longer punishes her by withholding sex.

"A few months ago, Trudy—with no suggestion from me—underwent a long, seven-hour operation, in which weight was removed from her breasts. She had a slow recovery and the healing process was painful. But she is happy about the outcome. She feels prettier now, and more confident. She and Jay have begun to participate in the sports she had previously avoided, and their activities have helped them become real friends.

"It was tough for this essentially reticent couple to learn to communicate with each other, but I really feel they've succeeded to a certain extent. They recently told me they plan to have a child and, all in all, things for Jay and Trudy look optimistic indeed." **End**

Sexually Abusive Doctors

continued from page 56

hysicians-in-training and physicians- -practice who are quite seriously ask- g, 'Why not?' "

Very likely, none of the respondents ould openly admit to this attitude. t protected by the anonymity of the uestionnaire, many envisioned in- ances where erotic contact was appro- iate. One physician, for instance, felt xual stimulation "helps patients relax," nother, that erotic contact "demon- rates the doctor's effectiveness to a tient," a third that "it supports and nforces the patient's sex appeal." her benefits cited included "to teach xual anatomy," "to aid a middle-aged male who feels undesirable," "to re- ve the frustration of a widow or di- rcée," "to disclose areas of sexual ocking" and "to improve sexual ad- stment."

Robert Cohen, the attorney for Julie y in her malpractice suit against ychiatrist Renatus Hartogs, thinks ese remarks are merely self-serving. he motivation is lust, pure and simple. e fact is there are doctors who will de on their profession to get what ey want. After all, a physician is a d of deity in our society. He has a y special status and trust. Who else n ask a stranger to disrobe and expect to comply? Apparently, there are ysicians prepared to use that trust their own selfish ends."

In some instances, though, the ethics y be blurred. The doctor who uses his mining room as an extension of a gles' bar is, unquestionably, treading ne moral line. "But is it really wrong," s one young cardiologist, "if we're both single, and I'm careful to keep medicine in the office and sex outside of it? I don't think so. The women I meet in my practice are peers. Nobody's taking advantage of anybody."

The more typical physician-patient sexual encounter is not a match between peers. "It's certainly not sex as Hollywood portrays it," says Maria T. Lymberis, M.D., associate professor of psychiatry at UCLA.

Take, for example, a recent case in Florida. A 58-year-old cardiologist was found guilty of trading prescription drugs *(Quaaludes* and *Tuinals)* for sexual favors. When a 21-year-old patient overdosed, her mother contacted the local Drug Enforcement Administration (DEA). DEA officials contacted the police, who set up an undercover policewoman to trap the physician. He now faces a 15-year prison sentence and also is scheduled for another trial on similar charges.

If court records are to be believed, physician-initiated sex is almost as furtive and exploitative as the case in Florida. But, unlike this case, sexual intercourse is very rarely involved.

The most frequent sources of patients' complaints are overly enthusiastic or unnecessary pelvic and breast examinations. What constitutes a l·gitimate examination and what constitutes an unwarranted sexual liberty is difficult to determine—even for an expert. Only when a doctor steps over the line—giving away an improper intention by an explicit word or action—can a patient tell if her rights truly have been violated. Dr. James Lund, a California gynecologist, did step over the line, and the complaint of his patient, Irene Dowd, cost him his license.

Ms. Dowd testified that during an examination in April 1975, Dr. Lund "inserted his hand inside my bra and fondled me while using the stethoscope to examine me." What alarmed Ms. Dowd was that the earpiece of the stethoscope remained hanging around Dr. Lund's neck during the examination. And her alarm grew to terror when, at the end of the examination, he complimented her on her "nice breasts." That compliment, which demonstrated improper attention, helped Ms. Dowd win.

Behavior like Dr. Lund's *(continued)*

THE BEAUTY OF BEGONIAS

continued from page 77

rhizomatous plant with 4-inch green leaves blotched with black. It produces great quantities of stalks with white flowers flushed with pink.

- The following three begonias are pictured on page 70. "Robert Stazer" is a splendid basket plant with starry green and black leaves and numerous pink flowers. It's a winter bloomer.
- It seems that everyone is as crazy as we are about the Iron Cross Begonia (Begonia *masoniana*). The large leaves are crisply puckered all over and in the midst, as if embroidered, is a thick-armed, mahogany colored cross. It took us a long time to learn how very dry we must keep this plant in order to have it survive through winter.

Other great favorites are a series of low, spreading plants, the leaves delicately pimpled and richly streaked with islands of green in a sea of silver. • "Silver Jewel" is the most famous of these.

Our few suggestions are only the tip of the iceberg. When you visit a begonia nursery you will marvel at the rich variety and, in all probability, end up buying different plants than those we've suggested. So much the better, for it will prove to you that when it comes to begonias, anyone can find a plant to their liking. **End**

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Sexually Abusive Doctors

continued

is, of course, flagrantly unethical. But Dr. Sloan insists that having sexual desire for a patient isn't. "It happens, and there's nothing illicit or wrong about it. A doctor is a human being. He can't control his wants. He'd be emotionally dead if he could. What's wrong is going over the line—and acting on that desire.

"The doctor who does," he says, "is usually desperately trying to establish his effectiveness as a professional. He's not confident. He feels inadequate and he's afraid patients notice it. Sex becomes his way of demonstrating mastery. Unconsciously—and typically it's an unconscious process—he's saying to himself, 'I'll seduce her, and then she'll be within my control.'"

A number of the replies in the UCLA study point to just such an unconscious insecurity. Comments such as, erotic contact "demonstrates a doctor's effectiveness to his patient," or "provides reassurance," or "helps establish a rapport" are indications that the physicians didn't know how to show their effectiveness, or how to reassure their patients in other, more realistic ways.

Traumatized

And, unfortunately, the patient who is subjected to these unsolicited demonstrations almost always ends up being traumatized. Or, in the case of 21-year-old Linda MacArdle, haunted. Three years ago Linda experienced what she calls "an incident."

Linda, who went to a general practitioner for abdominal pains, felt uneasy about the visit right away. "Since I had a history of bladder infections, I expected him to ask for a urine sample, but he didn't. Instead, he asked me if I took birth control pills, and he asked the question in an odd way."

The doctor told her to undress, then he left the room. When he returned, she noticed his white coat was no longer buttoned. "I got on the table," Linda said, "and he began examining me. Then he told me to take a deep breath, and suddenly I felt something very wrong. At first I thought I was imagining it—I tried to dismiss it from my mind. You know, how could he do a thing like that? But it wasn't my imagination. I then tried to move away, to move farther back on the table, but he kept telling me, 'move back down.' Finally I jumped off, and there he was, giving me visual evidence something *was* wrong."

In their defense, physicians say incidents that end up in court or before a disciplinary board—as this one did—badly distort the realities. They say the seductive patient is far, far more common than the seductive doctor. And the only reason we don't hear more about the seductive patient is that her victim, the physician, has nowhere to complain.

"Typically, such a woman is very lonely and very needy," says Domeena Renshaw, M.D., professor of psychiatry at Stritch School of Medicine at Loyola Medical Center in Chicago. "She may not see that attention from her physician—the care she is paying for—is a professional kindness. If she can't make the distinction, if all she sees is the doctor's receptivity and she wants to hang onto it, she uses the tool she knows best, seductiveness."

Dr. Bess points out, however, that while it's true that patients are often seductive, it's up to the physician to keep control. When a doctor fails to exercise control, he betrays his patient. "In many ways," she says, "his betrayal is like a parent committing incest."

Dr. Kardener agrees. "I'm not trying to imply adult patients are like children," he says, "but rather to point out the unique role of the patient. When one seeks professional help for a hurt, one is placed, emotionally, in a childlike posture of dependency and vulnerability. Trust is placed in the wiser, more experienced healer, just as a child places trust in a parent. When a physician changes roles and becomes a lover, he is lost as a source of healing and support. This is an awesomely high price for the patient to pay."

The medical profession has, of course, always advocated the highest ethical standards. But despite all the strictures against sexual misconduct, and all the recent tough talk within medical circles, the policing of doctors who do cross the line remains lax.

"We only see a very small percentage of what's actually happening out there," says Lee Bannor, a medical investigato for the Illinois Department of Registra tion and Education. "Partly because th victims are reluctant to come forwar It's very embarrassing and most wome would just as soon forget the whol thing than go public." The ambiguity o many encounters also presents a prob lem. "Sometimes," says Bannor, "eithe because she's young or just not sexuall experienced, the woman isn't sure wha happened."

Disciplinary boards, where most case appear, represent another stumblin block. Usually tied in with a state education department, the boards ar almost always composed of physician Not that an accused physician doesn have a right to a hearing by a jury of h peers. He does. "But," says Robert Ashe director, Division of Professional Con duct, New York State Department o Education, "it comes down to th woman's word against the doctor's. An usually his fellow physicians believe th doctor, who has reason to lie, rathe than the victim who has no reason to.

In defense of the present system, Di Lymberis argues that professional repu tations are at stake. "It is very dramati for newspapers to get hold of thes stories, very sensational. But you mus realize, when a physician's career is o the line, we view it as a major tragedy.

Yes, but what about the patient Specifically, what about six-year-ol Sue Reynolds and 11-year-old Tomm Nevins? These youngsters are forme patients of Dr. Robert Crashner. D Crashner is a child psychiatrist. He i also a child molester. The point isn that he is in any way representative o the medical profession or the specialt of psychiatry. He's not. The point is tha the relatively lax policing of unethica doctors allows a physician, *(continued*



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Sexually Abusive Doctors

continued

like Crashner, to continue practicing for an unconscionable length of time.

Dr. Crashner made his first appearance on the public record in 1968. A 15-year-old patient in a Brooklyn, N.Y., hospital claimed the psychiatrist, then a resident at the hospital, sexually abused him. The charge was thrown out due to lack of supporting evidence.

A few years later Dr. Crashner began private practice in a Long Island, N.Y., community. It wasn't too long before the police were at his door. A neighbor charged that Dr. Crashner sexually abused her six-year-old daughter. The case never came to court.

Zita Adler, an investigator in the Division of Professional Conduct, New York State Department of Education, met Dr. Crashner about a year later when she presented him with a *Notification of Charges.* The Nevinses, the Reynoldses and the families of several of his other patients had filed an action against him. "He took the news very coolly," says Ms. Adler. "He didn't show a flicker of emotion."

Sue Reynolds was too young to appear at the subsequent hearing. "Children," says Ms. Adler, "can't give evidence or be cross-examined like an adult." But Tommy Nevins, who was 14 by the time of the hearing, was old enough to testify. Tommy explained that he was embarrassed and afraid to tell his mother what was happening in the sessions with Dr. Crashner. But his mother knew something was wrong the day Tommy broke down in his room and started screaming, "I don't want to see him anymore. I don't want to see him anymore."

After the hearing, Dr. Crashner was given two options: Face criminal charges or resign his medical license. He chose to resign. That was in 1976.

In January 1978, Zita Adler got a call from the New Jersey State Division of Professional Conduct. The caller explained she was doing a routine check. They had a complaint about a doctor and, according to her files, he had once practiced in New York. Did Zita know anything about a Dr. Robert Crashner? In other words, Dr. Crashner is still around, and possibly still molesting young patients. (Reminder: This is not as we said, his real name.)

Will sexually abusive doctors continue to be a problem for women? The answer is yes—as long as women are too afraid and too vulnerable to assert themselves, and as long as the medical profession continues to be lax about policing these doctors.

Helpful suggestions

What can a woman do if her doctor makes a sexual approach? Here are some suggestions:

- If a physician does (or says) something that makes you uneasy, immediately ask him for an explanation. There may be very good reasons for using a particular procedure, and he probably will be happy to explain the reasons, since he's just as anxious as you are to avoid sexual misunderstandings.
- What if a physician shrugs off your question or if his reply doesn't make sense? Get up your courage and leave. Try not to be intimidated by who he is or embarrassed about how you feel. "You are ultimately responsible for your own sexuality," says Dr. Sloan. "And no one —including a physician—can make you do anything you don't want to do."
- If you have had an unpleasant incident, Dr. Sloan strongly urges that you find a new physician. Your new physician will take care of any details, such as the transfer of medical records, that might require personal contact with the former physician.
- Don't let an incident slide. Complain —either in person, in writing or by telephone—to your state's medical licensing board, which usually is part of the state department of education. If you don't have strong corroborative evidence, the board may not be able to act right away, but the complaint will alert them to a potential problem physician. And your complaint may be the one they need—the additional testimony they've waited for—to move against a physician. **End**

Personal Portraits of The Peacemakers

continued from page 22

nd his ability to grasp situations at one gulp, was able to ase, placate, prod and pressure the adversaries into agree- ent. Like Sadat and Begin, Carter carried the conviction hat God was on *his* side during the negotiations. Prime Min- st r Begin and President Sadat, whatever their differences, ervently believe that this peace treaty could not have hap- ened without Jimmy Carter. We must take them at their ord. They are not naive men.

So now may I offer my own thumbnail descriptions of the nembers of this triumvirate, realizing that there is more to now than I know, and more to say than I can say.

My first meeting with Anwar Sadat occurred five years go. The Yom Kippur War had taken place only a year be- ore, and both Israel and Egypt were claiming victory. But he general feeling in America was that Israel had been at- acked and, although the winner, had suffered for it. In any vent, Anwar Sadat was considered no friend.

The Egyptian President was not giving television inter- iews in Egypt and he had no plans to visit this country. But is Foreign Minister, Ismael Fahmi, did come to the United States on a visit (Fahmi later resigned when Sadat first pro- osed visiting Jerusalem). I interviewed Minister Fahmi in Washington and expressed my desire to interview his presi- lent. "Americans don't know President Sadat," I said. "As a esult, they fear both him and your country. Ask if I can come o Cairo and talk with him. Let me try to introduce him to our people."

Two weeks later, I received word from Egypt's Ambassa- lor to the United States, Ashraf Ghorbal, that I would be velcome in Egypt. There was no "guarantee" that President Sadat would give me an interview but the feeling was that I hould fly to Cairo and stand by.

In September 1974, I went. The Egyptians were observ- ng Ramadan, a major religious holiday, when Muslims fast ll day and eat their first meal after sundown. After three lays of sitting in Cairo waiting for a phone call from Presi- lent Sadat's aide (to place or receive a phone call in Cairo equires more patience and endurance than most of us have), I was told that I should come to the President's home to meet ot the President, but his wife, Jihan Sadat. I had heard that Mrs. Sadat was not only a charming woman but her hus- and's closest confidante. Still, I was unprepared for the oman I met. I was used to our own First Ladies who care- ully avoid political discussions and rarely openly disagree vith their husbands. I expected to meet a shy, reticent oman, probably dressed in a long black robe as were most f the women I'd seen in Egypt, and maybe even a veil.

Meets Egypt's First Lady

I arrived at Giza, the Egyptian "White House," dressed modestly in a blouse and skirt. I was shown into a large reception room, offered a cup of tea and asked to wait. Moments later, the door opened and in came a beautiful woman wearing a beige pantsuit. Her English was perfect, her smile dazzling and her manner totally open.

"You look at me as if I am very strange," she said. "Were you expecting a veiled lady in black?"

I laughed and said that was exactly what I expected. We talked then of her life: her hopes for her country, her worry about overpopulation. She said she thought men with more than four children should be voluntarily sterilized. "My husband," Mrs. Sadat said, "disagrees with me, of course."

We discussed her desire to go back to school and earn a college degree. She would like, she said, to show her children that it could be done.

She told me that she had married Anwar *(continued)*



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Personal Portraits of The Peacemakers

continued

Sadat 30 years ago, when she was only 15. She said her parents had disapproved of the union but that it was a wonderful marriage and her husband was a most special man. She wanted me to know him. She would try to arrange the interview.

In the years since we met, my opinion of Jihan Sadat has never changed. She now has her college degree, and her children are all married. Still she has retained her beauty and that warmth and independence of spirit which are so rare and attractive.

After our first meeting, I left Mrs. Sadat and went back to my hotel room and waited. The next morning, word came: President Sadat would do an interview with me that night at nine.

But I had a problem. Yitzhak Rabin then was the Prime Minister of Israel. I had intended to fly to Israel and talk with him after interviewing Sadat and put both interviews back-to-back on the same program. I hoped to put the same questions to each man to compare the similarities, or even likelier, the great differences separating these two enemies. Wanting to be open and honest, I told the Egyptians of my plan. "Never!" they said. Not only couldn't I put the two interviews on the same hour program, I couldn't run them the same day and, if I intended to, President Sadat would cancel the interview.

Worry, worry, worry

"Okay, okay," I tried to calm them down. But I hoped that if I could personally explain to President Sadat that I wanted Americans to see him and Rabin and analyze for themselves the views of each, he would agree. Therefore, I wrote two complete sets of questions, one for each man. I always do tons of homework, write too many questions and worry, worry, worry up to, during and after an interview.

Our camera crew, which we'd brought with us from America, went to President Sadat's home at eight P.M. to light the room for the interview. I arrived at 8:30 and stepped over the TV cables into the assigned room. To my amazement, sitting there alone, with no attendants, no press secretary, no anybody . . . just sitting there, calmly puffing on his pipe, was Anwar Sadat. He'd finished dinner early and had strolled into the room. The American equipment fascinated him and he decided to stick around and watch.

This was my introduction to the Egyptian President. Later, in the interview itself, I asked if he would ever consider a meeting with the Israeli Prime Minister.

"It is impossible now . . . impossible now," he said. "After twenty-six years of hard feelings, violence, wars, hatred, bitterness—suddenly we meet? This is not logical at all."

This is the same Anwar Sadat who three years later would fly from Egypt to Israel to meet for the first time and at his own volition an Israeli Prime Minister—Menachem Begin.

But in 1974, Sadat was emphatic in his refusal to meet Israeli Prime Minister Rabin. Other than that, Sadat could not have been more gracious. I remember even then being impressed by what seemed to be his great sincerity. He radiated confidence and inspired friendship. Was *he* the fierce enemy? The man of no compromise?

Since then I have done six other interviews with President Sadat. His English is far better today than it was then, but the essential man has not changed.

My very first night as an anchor on the ABC News, I interviewed him by satellite. Before we went on the air, he teased me about my new salary. He was much poorer than I, he said. I, in turn, complained that I didn't have his fringe benefits, like private planes, limousines and palaces. He then began the interview by saying, "Only for you, Bah-bah-ra, do I give you this news," and proceeded to give me a scoop. To this day, President Sadat still teases me about the salary. And to this day, my colleagues at the office still imitate Sadat in his melodious voice saying, "Only for you, Bah-bah-ra, do I give you this news."

The last time I talked with Anwar Sadat was in Washington, D. C., on March 26, the very afternoon of the signing of the peace treaty. It was th only interview President Sadat agreed t that day and I think he did it for ol times' sake. Because I'd been there at th beginning, it was an act of friendship t grant me the interview at the end.

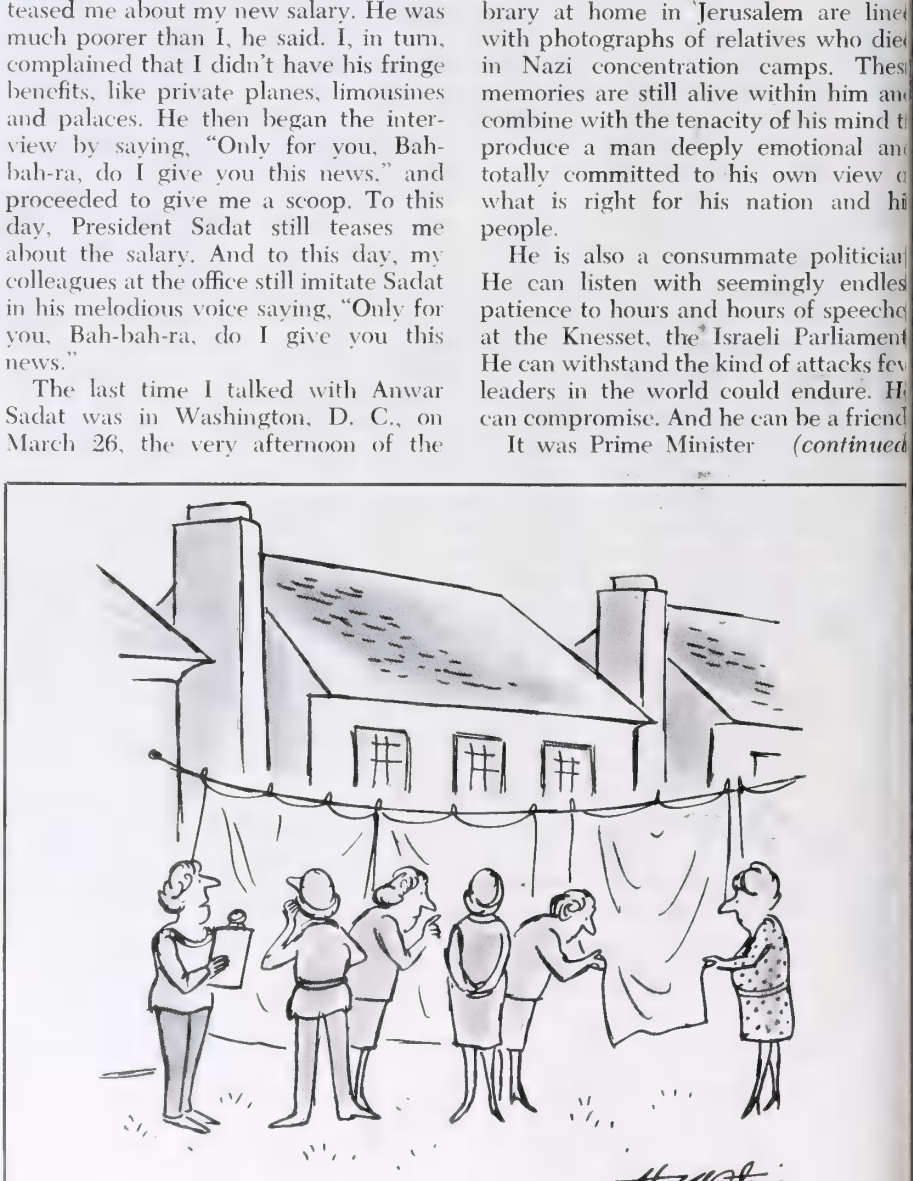
Now, it was a time for reflection an philosophy. Softly, I asked President Sa dat if he was concerned about th threats on his life by fellow Arabs wh were angry that he had taken this fina step. This was his answer:

"Not at all. Never, never. I am a dee believer in God. And I believe that n one will take one hour of my life befor God wants it."

Menachem Begin is also a deep be liever in God. If there are two major in fluences in his life, they are his profoun religious beliefs and his personal memo ries of the Nazi holocaust. Begin wa himself a teacher of Latin and history He has a mind that is clear and logica But he lived through the Nazi extermina tion of the Jews, and the walls of his l brary at home in Jerusalem are line with photographs of relatives who die in Nazi concentration camps. Thes memories are still alive within him an combine with the tenacity of his mind t produce a man deeply emotional an totally committed to his own view o what is right for his nation and hi people.

He is also a consummate politician He can listen with seemingly endles patience to hours and hours of speeche at the Knesset, the Israeli Parliament He can withstand the kind of attacks fe leaders in the world could endure. H can compromise. And he can be a friend

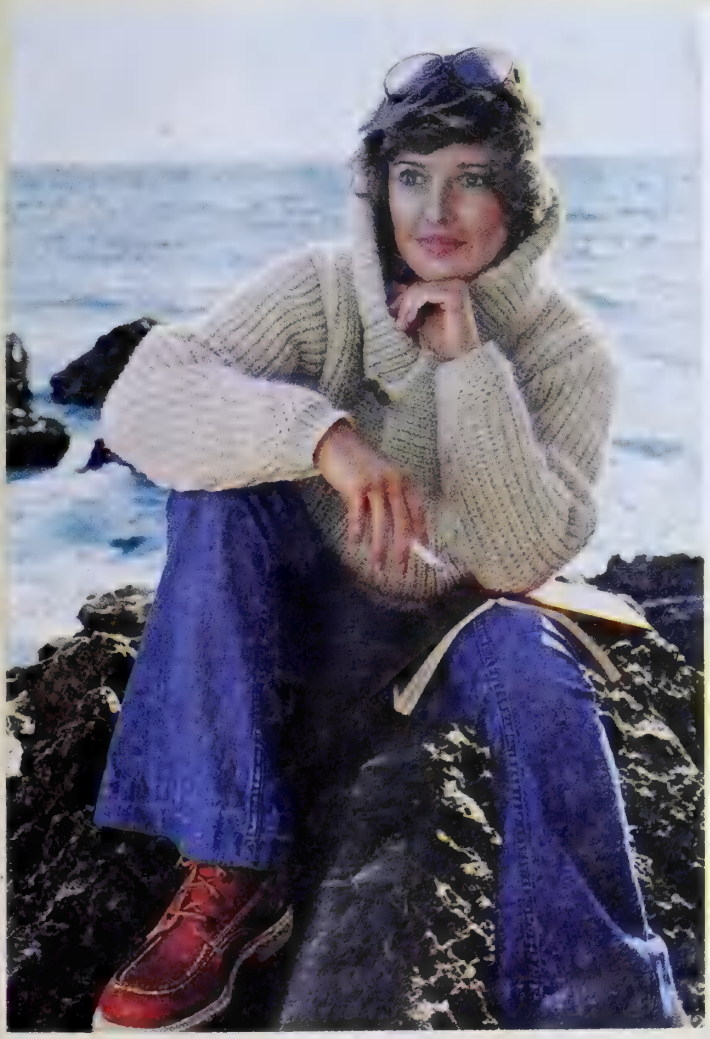
It was Prime Minister *(continued*



"All those who think Mildred Eberson has the whitest sheets on the block signify by saying 'Aye.' "

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Personal Portraits of The Peacemakers

continued

Begin who helped to arrange the interview of which I am probably the proudest—the joint conversation between himself and President Sadat when the Egyptian President went to Jerusalem in 1977. President Sadat had continued to resist being interviewed on the same program with an Israeli leader. And he had turned down my request for a joint interview with Mr. Begin in Jerusalem. But when the two men finally met there, the Prime Minister impulsively asked President Sadat to "do the interview together for the sake of our good friend, Barbara." Sadat laughed and agreed. That is how the leader of the Israelis and the leader of the Egyptians finally sat down together and spoke to the world.

A more private memory: Prime Minister Begin soothing a little girl, my daughter Jacqueline. Jacqueline, ten years old, rarely travels with me when I work. It is difficult to take her out of school and hard for us to go sight-seeing when I am on a busy assignment. But a year ago on Washington's Birthday, I was asked to fly to Jerusalem to interview the Prime Minister for ABC's influential Sunday news program, *Issues and Answers*. Jacqueline had a four-day vacation and I said, "Let's go to Jerusalem together." Unfortunately, when we arrived at Ben Gurion Airport, one of my co-workers told us a bomb had just exploded near Jerusalem, injuring several people. Jacqueline was terrified. Later, when I tried to walk her through the old city with its narrow alleys and ancient mosques and churches, she felt none of the awe, only fear. That evening, after interviewing the Prime Minister, I mentioned this. He sought Jacqueline out and told her wonderful stories of the old city. While he talked, Mr. Begin gave her pound cake and orange juice and a day of apprehension ended with an evening of gentleness.

Prime Minister and Mrs. Begin have been married for 40 years. They have gone through more than most couples could ever imagine . . . arrests, long separations, tragic family losses. These troubles have only brought them closer. It was no surprise to those of us who knew the couple to hear Mr. Begin pay tribute to his wife, Aliza, during his toast the night of the peace signing in Washington. The Prime Minister worries that his wife smokes too much. She worries that he will not always get enough rest. Sometimes, at large dinners, Mrs. Begin will insist on sitting next to her husband, even though it isn't correct protocol. "He may be tired after a day of speeches and meetings," she has told

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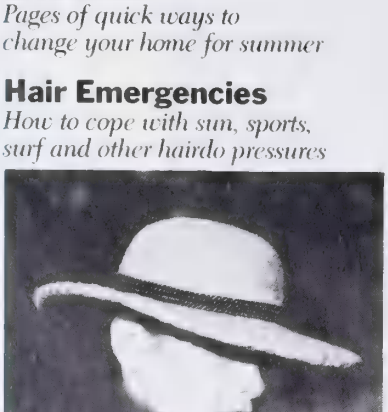
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friends, "and if I sit next to him, he w only have to worry about talking wi the woman on his other side."

There is another memory of that vi to the Prime Minister with my daught As we walked to the entrance of H residence in Jerusalem, on one side the street were angry protesters, hol ing placards and shouting at Begin make further compromises. Across t street, another group of protesters we screaming that he'd made too many a was selling out his country.

I thought of this the last time I inte viewed the Prime Minister (in Washin ton, just after the peace signing). with Sadat, it was the only interview M Begin had agreed to that day, perha for the same reasons as the Egypti President's. When our interview w over, there remained a few moments talk without lights and cameras. I aske the Prime Minister, "How do you stan it, Sir, when even your best friends tu against you and say you are wrong when some say you might even brin about the destruction of your own cou try?"

He was silent for almost a full minut Finally, he answered, "Barbara, I liste to all of the arguments and then I as myself if what I did was right. If think it is, *no* criticism will bother me

I know another man like this. H name is Jimmy Carter. Each of us k now probably has his or her own impre sions of President Carter. I would like t share one or two of mine.

The first time I met Jimmy Carte was in the *Today* show studio in Wash ington. We were interviewing a slew presidential hopefuls. Almost all of the —Henry "Scoop" Jackson, Birch Bayh Morris Udall—were well known. An then there was Jimmy Who?

Unique qualifications

That candidate looked me right in th eyes as he explained what he considere his unique qualifications for the job. H was the only one, he said, who knev the problems of the farmer, the business man and the military. He was so con vincing that before he left the studio, found myself saying, "You know, Gov ernor Carter, I wouldn't be at all sur prised if you made it."

I never forgot that interview an neither did he. The night of the Middl East signing, I was invited to the gian celebration dinner. There came a mo ment to talk with the President and h brought up that earlier interview an the long road that led to this very specia evening.

"Mr. President," I said, "I hope tha the good will of this evening surround you for at least a few months."

"Barbara," the President replied wit his smile, "knowing how the world i right now, I'd be happy if it even lasts a few days."

End

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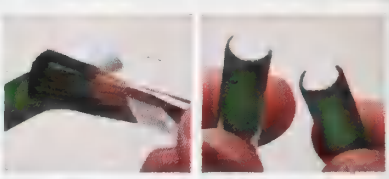


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